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EAST AND WEST SERIES

No. 71 July, 1962

9/229

PRESENTED

THE LIFE BEAUTIFUL

[A Book of Daily Readings]

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T. L. VASWANI

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EAST AND WEST SERIES

[Monthly]

An Interpreter of the Life of the Spirit

9/229

THE LIFE BEAUTIFUL

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The "East and West Series" seeks to spread the message of the saints and sages, the prophets and *rishis* of Humanity. They have appeared in all ages. They have sanctified both East and West.

Write to :—

The Manager, "East and West Series,"
10 Connaught Road, Poona–1, (India).

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MESSAGES FROM THE WEST

I have now been receiving copies of "East and West Series" for some years and have found the articles very interesting and uplifting. I have the greatest admiration and respect for your revered Teacher and wish I were able to meet him personally.

Although my spiritual work keeps me busy, I usually find time to read each edition of "East and West" from cover to cover, and not only do I find much wisdom and comfort in the words of the Master but am greatly helped in my comparative study of world religions. I have always felt much drawn to the teachings of the East, and, as I write, statuettes of Krishna and the Buddha look down from their places in my quiet room.

I trust, therefore, that your work of spreading the teachings of your Master may continue to prosper and expand, and may he be spared for years yet to lead man from the darkness of materialism into the Light of the Spirit.

Arthur H. Kings
Leader, Sanctuary of St. Francis of Assisi, Middlesex, England

The "Series" are proving of great value to me and the small group that is forming around us. Our love and gratitude pour forth to Shri Vaswaniji, for from such a one the "Light" Itself streams forth.

We feel very close to you all and one in spirit.

Dr. K. M. Williams,
Tasmania, (Australia)

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INTRODUCTION

IN THESE pages are brought together a few of my "thoughts," indicating what true life is,—the Life Beautiful.

What is its secret? My answer to this question is in one simple word :—Krishna! Krishna! Let Krishna be your Leader on the path of life! Accept no convention! Live, every day, making Him, your Leader.

Krishna and His teaching,—the Gita,—Krishna and His life, Krishna and His communion with the poor and simple, Krishna and His affectionate call to the sinner in the strife of life, are, to my mind, summed up in the words,—the Life Beautiful.

When I think of Krishna as the Babe of Brindaban, I say to myself :—Here is the very picture of the Life Beautiful. Bathed in love and mirroring love, the *Parama Purusha* the Supreme, manifested Himself in the Mathura Jail! Bending in humility before the Child and, with folded hands, worshipping Him, I see Vasudeva and Devaki offering flowers of reverence to the Babe, singing songs to Him and seeing in His eyes a light making all things new.

The stars smile on the Babe : and the star, Rohini, radiant in beauty, rejoices. The very waters in the river become crystal clear. And the lakes shine with the lustre of lotuses. Forest-trees become fragrant with flowers. And the fires of *yagna*,—sacrificial fires,—suddenly burst into flames, and the sages shower flowers. For He, the Guardian of the sages, is come. In Him is revealed the Beauty Eternal.

He comes in the dark of the midnight. He comes when the skies are covered with water-laden clouds. His eyes are large and lustrous and soft as the lotus. And His curly hair shines as shine the rays of the sun.

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How beautiful is the thought that every Janmashthmi Day, He,—Krishna, the Saviour of India, the Giver of bread to the poor, the Giver of breath to the Aryan Race, the All-loving Krishna,—cometh to bless the poor and wipe the tears of the weary and heavy-laden, the forlorn and lowly! Yes,—He, the King of countless hearts, the King of Ancient Beauty, He cometh to bless and to heal. Picture after picture of the Life Beautiful is woven in this one supreme meditation.

I think of Him again as the Singer of the Flute. I meditate on the Singer and His Song. Once again, I exclaim :—"What a picture of beauty!" What a moving, thrilling note rises, again and again, from the depths of the Song of the Singer,—the Song of God, the Song we call the *Bhagavad Gita*! How the music of this wonderful Song still fills our hearts while crowns and kingdoms have passed away!

How beautiful is this book, the *Bhagavad Gita*! Beautiful not only in the music of its words but, also, in its thought and its vision. This inner beauty of the Gita has ravished the minds and hearts of untold men and women.

This book has been translated into more than forty languages. Whence cometh its power, if not from some great fountain of beauty and spiritual life? This fountain flows from the Heart of a Beautiful One, a Holy One, who has, through the centuries of India's history, remained a Symbol of Eternal Beauty, a Symbol of Youth that ever is fresh and new, a Symbol of Eternal Youth.

They misread this masterpiece who interpret it in terms of abstract philosophy. This book is beautiful because of its personal appeal to the heart of man,—the hearts of men and women of different climes and countries. Again and again, rises in the teaching of the Master the moving, thrilling note :—"Come unto Me! Come unto Me!"

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O Son of Kunti!
Know thou that he who loveth all that lives
And deeply loveth Me, attains to Me!

By love and worship he doth know Me still
As I am, how high and wonderful!
He knoweth Me! He enters into Me,
His will forever blended one with Mine!

And whatsoever deeds he doeth, O noble knight!
He offers them all to Me. His refuge I!
He hath forever and forever won,
By grace, the Eternal Bliss.

Arjuna! learn to renounce to Me and sacrifice thy mind
And will to Me. Live in the faith of Me, thy All!
Eternally thine am I, as thou, Arjuna! art eternally Mine!

It is this personal appeal in the Gita, this call of Krishna's love to the soul, which lingers in our hearts. And I can understand why the great German scholar, Schlegel, on reading the Gita, was with rapture filled, and, thrilled with joy, exclaimed, in words which often have touched mine eyes with tears. Schlegel exclaimed :—"The Gita is the deepest book and the sublimest scripture in all the literature of Humanity."

How often have I not felt, on reading the words of the Holy One in the Gita, that while Arjuna communes with Krishna, the face of the disciple is kindled with a strange, new, transfiguring light! Yes,—Arjuna's face becomes new, becomes sanctified. For Arjuna, in the very act of communing with Krishna, sees for the first time the meaning of life and the meaning of renunciation and the meaning of the joy that cometh to him who hath learnt to renounce.

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TO THE SIMPLE and lowly in the heart comes the call to live the life which is life, indeed,—the Life Beautiful. Of this life a significant symbol is Krishna's Flute. Krishna was, essentially, a Singer. His Song flowed through the Flute to receptive hearts. And His Song speaks through the *Bhagavad Gita* and in the lives of the devout and pure whose lives are dedicated to the service of the Master.

There was joy in the notes of the Flute. And joy entered the hearts of those who heard the Flute. But never forget that joy dwells in the hearts of the truly free. And the Life Beautiful is, essentially, a life of the free ones, the emancipated ones.

We seek with selfish hearts to build houses of power : and they become prison-houses. They enchain the soul. We purchase power, position and the yellow dust we call gold. We purchase it all at a heavy price. We purchase the world and pay for it by surrendering freedom : and we find, at last, that to be "big" is to be in bondage.

Krishna's Flute is a call to men and women to break all bonds. Three bonds, specially, does the Life Beautiful, the call of the Flute, ask us to break. The three bonds are evil desires, selfish actions and weak will. These three must go, if we are to enter into the life of freedom.

Consider for a moment what are the marks of life in general. And then consider what is the life of the truly free man, the *mukta*. To live is to respond and to receive. When the plant dies, it does not respond to light and air and water. When a horse dies, it does not respond to the master's call. When a man dies, he does not respond to his friends and family. To live is to respond. To live is to receive.

You are what you are on account of the influences on you of others. Your body is an inheritance from your ancestors. Your mind is, largely, a social inheritance.

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Education and other social influences make you, largely, what you are. You live in the measure in which you respond and receive.

In a beautiful text in the Gita, Krishna calls attention to two things we must do, if we are to respond to Reality and live the life of the free man. The two things are :— (1) *tapasya*; and (2) *yagna*. In ease and enjoyment, alas! we have spent so much of our time. We have lived a life of *bhoga* (sense-enjoyment).

Read the story of the nations. It is the resolves of men of *tapasya* that have made history. A great writer of our days and a true lover of India asks us never to forget Gandhi's name but bless him for ever. Why is the name of Gandhi still charged with a spell, an influence which is not dead? Gandhi was a man of *tapasya*. Would it be wrong to speak of him as the maker of the India of today? Not yet, I know, is India truly free. But the measure of freedom India enjoys today is the measure of our response to this man of *tapasya*,—Beloved Gandhi.

It is the resolves and sacrifices of such men of *tapasya* that make history and revolutionise the life of multitudes. Nothing pains my heart so much as to see men and women running still after the rich, the so-called big men.

The Flute of Sri Krishna appealed to the hearts of the poor, simple shepherds and shepherdesses of Gokul and Brindaban. At the Festival of the Free, which I look for in the day India is truly emancipated, will meet, I believe, not the proud of power but the simple in heart with their shining light of reverence and love. *Tapasya* will build the Life Beautiful which India has longed for. *Tapasya* will generate the true power of service.

How often do not men of riches and power speak to you! You are unmoved! But a true man comes, a true *sadhu*, a true disciple of Krishna. He speaks a few words. You

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feel the inspiration of his speech. Why? The *sadhu*, the true disciple, is a man of *tapasya* : and in his words is the power of *tapasya*.

To *tapasya* add *yagna*. The Eternal is the *Yagneshwara*, the Lord of Sacrifice. The Eternal is the real Builder of nations and individuals. *Yagna* is not a rite external. I attach little value to rites and ceremonies. I am a heretic. *Yagna* is what you offer to the Lord. But what can we offer? you ask. Ah! you dream of doing big things. But the Lord accepts a little flower, a little leaf, any little thing offered with devotion.

I ask you not to run after greatness but try to be humble instruments of service to your community, your society, your country. A little thought of help, a little sympathy, a little act of kindness, a little deed of love,—that is the *yagna* asked of you by the *Yagneshwara*.

Responding to the life of the universe with *tapasya* and *yagna*, you may receive from the All-Giver the power to achieve. Your life, then, is truly fruitful. In an ancient book, we read the story of a woman, a fruit-seller. Krishna is a little child. The woman feels the mystic influence of Krishna's dark beauty. He wants some fruits. He sees them in the woman's little basket. Krishna has in His hands a few grains of rice. He scatters them to her in return for her fruits. And the story tells us that every grain of rice becomes a grain of gold in the woman's hands. Such is the law. What you give, the Lord returns to you a thousand-fold.

I ask you to learn to scatter, not hoard your lives. In the strength of *tapasya* and *yagna* re-arise, sons of the sages of the East! and vindicate again India's message which we have lost in the tumults and shows and vanities of life.

Awake! And utter again the wisdom of India, the message of her seers and sages. The nations need it. Civilisation

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needs it. Not in pride but in humility of heart, in repentance and with new resolves, think of the mighty achievements of the India that is no more. Think of what India achieved in the long ago. And think of your own feeble present.

You say you have a proud past. You say you have high traditions. Don't your traditions lay on you high obligations to be fulfilled, today? You say your fathers were great. You say you are proud of them. I humbly ask :— Are they proud of you? Let us confess that we have sinned against our ancestors,—The Rishis,—and we have sinned against the Lord. He hath waited long. He is waiting still in the rain and storm outside. Let us do *tapa·ya* and *yagna* again. Then He may enter, again, the Temple of the Nation's Heart and re-kindle the kindly light.

NOT MANY years ago, there came to America a young man. He came from Japan. He was studying at one of the Universities of America. One day, this young Japanese meets his teacher,—a professor in his College,—and says to him :—"Sir! may I speak?"

The professor says :—"Speak out what you have to say."

And the young man says :—"Tell me how I may make my life beautiful. I do not expect you to speak to me of a creed or a dogma. I do not expect you to speak to me of a book or even of the Bible. But speak to me, Master! of the Life Beautiful. How may I make my life beautiful?"

It is a question which springs also in our hearts.

After several weeks, the young man comes again to the professor and says :—"Sir! today I come to take leave of you, for I go back home. I return to Japan. I have finished my work here."

The professor is surprised. He says to the student :—

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"Last time you came you said something concerning the Life Beautiful. Have you found the secret of the Life Beautiful?"

The professor then looks into the eyes of the student. They gleam with joy. And the young man's face glows with a strange light. "Sir!" says the student, "I have found the secret of the Life Beautiful. And so I go back home, treasuring this secret in my heart,—the secret of the Life Beautiful."

And the professor, deeply surprised, says to the student :— "Where, where, my brother! where have you found the Life Beautiful?"

Then the young man, with a quiver of emotion in his words, says :—"Sir! I left you weeks ago, and still the quest was in my heart, still the search was in my eyes, and still I went, from place to place, asking myself the question :— Where is the Life Beautiful? Here, in these big cities, in these crowded quarters, in houses of learning and civilisation, I find not what I have sought, again and again. And there were tears in my eyes, until I met an old man, a sage. Then I *saw*!"

"What did you see?" asks the professor.

"Sir!" answers the student, "I saw the face of the old man was kindled. The eyes of the old man were bright, filled with light. And I spoke to the old man, saying :— 'You look so young! You are so happy!' And I asked him:— 'What is the secret of your youth? What is the secret of your happiness?' And the old man answered thus :—'From morn till night I seek to serve. I am busy, busy, busy, working for others, trying to help others, trying to serve the poor, sending out my sympathy and love to those who stand in need of help and strength, serving them in this broken world. And, suddenly, this discovery shone within my heart that other are not apart from me but are a part of me. They are mine,

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as I am theirs. No separation between me and the poor and suffering ones, between me and the lowly ones ! We are one, brothers! in the movement of One Life, children of the One Eternal who shines and shines and ever shines in all forms on earth and sea. Then, O my brother! then I found that the secret of the Life Beautiful was sympathy that went out to all. The secret is the love that never dies. Love and sympathy I give henceforth to all. I have found the Life Beautiful.' "

So may it be with you, my brothers and sisters who read my words, month after month. The great message of the "East and West Series" is even this:— Find the Life Beautiful in sympathy and service! The secret of the Life Beautiful, the secret of the Blessed Life is love.

O take my feet and let them be
E'er swift and strong, O Lord! for Thee.
O take my tongue and let it sing
Each day of Thee, Eternal King!
O take my lips and let them be
Alive, aglow with love for Thee.
O take my silver and my gold:
I will not life itself withold!

On this note let me close today. May Krishna, the King of kings, give you strength to grow, from more to more, to walk, every day, in the light,—the light which is the light of the sun and moon and stars, the light of all the worlds, the light of love ! And may the benedictions of the Spirit of Love shine and shine on you for evermore!

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JANUARY

January 1 **Krishna and Radha**

WHY DID Krishna love Radha the most? She felt the need of Him.

Krishna asked not for saintliness but for love.

The Light of the Lord shines in them that seek after Him and are restless until they find their rest at His Lotus-feet.

January 2 **Where is God?**

I WENT, many years ago, to Hardwar. I went there to have a dip in the Ganges. I saw a number of *pandas* (priests). They took three baths in the Ganges, everyday.

I asked one of them :—"Where is God?"

He said:—"God is in the waters of the Ganges!"

And I prepared to go, but he would not let me! I offered him a small coin. He asked for half a rupee. I was dumb-founded. I was disappointed.

And returning to my place, I said to myself:—"This *panda* has bathed in the waters of the Ganges, yet remains, alas! unconverted."

And my lonely heart cried out :—"In temples and in mosques I see Thee not, O Lord! Nor in those who travel, far and wide, and bathe in sacred rivers and pools! Thou art in the Temple of the Heart!"

January 3 **A Dedicated Life**

FULL OF meaning is life to him who, renouncing the fruit of action, dedicates himself to the *Atman*, the Spirit.

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Of one such man I read, many years ago, with tears in my eyes. In answer to an appeal :—"Is there anyone ready to go to serve the lepers?" he left his homeland and his friends for a far-off place, lived among the lepers, served them day and night, until he became himself a leper and died to the glory of his Master whom he adored as the Christ.

Damien's was a dedicated life.

January 4 **Action in Inaction**

WHEN YOU feel inactive in the midst of activity, you touch *samadhi* (superconscious state).

You are in the world yet far away from it.

You move on and yet do not walk.

You are in the friction and contradiction of life, yet are at peace in the heart within.

January 5 **The City of Love**

"WHAT SEEKEST thou?" they asked me.

I answered :—"I seek the Holy City of Love, the City of the Saints, the City of Krishna and Jesus and Nanak."

"Where is it?" they asked.

I said:—"In the heart of the pure and lowly!"

January 6 **A Lost Day**

EVERY DAY is lost that doth not rise as an offering of love to Thee, O Lord!

January 7 **Safe in His Hands**

LET ME plan nothing. Is not my life in His Hands? And He hath planned what is best for me.

So I am not anxious for tomorrow. Each tomorrow is in His Hands. And He knows best!

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January 8 **Krishna Calleth**

KRISHNA CALLS us to go forth among the people to share with them what we have.

To give love to our neighbours is, verily, to live the Gita.

January 9 **Art Thou Perplexed?**

ART THOU perplexed by the problem of life? Don't worry! Go into silence! Thou wilt glimpse a solution.

The Higher Self is at work within thee. It, more than the conscious, planning, aggresive intellection, is working out the problem. Thou needst only be quiet, and thou wilt know better.

Learn the secret of losing thyself.

January 10 **Recollection**

I know Him not!
Yet this I know,
I did commune with Him
In the day names were naught,
And all the earths were not,
And all the suns and moons and stars
Were cold.

January 11 **The Only Secret**

LOADS OF books will not help thee in the day of thy departure. A simple word, a simple letter sufficeth.

Recite it, again and again. Sing it in thy heart.

Sing the one word, "Love." It is the only Secret.

January 12 **Commune With Nature**

ART THOU troubled by passions? Go out and take in fresh, free air.

Commune with Nature and thou wilt return refreshed, renewed in spirits.

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SRI KRISHNA : THE BELOVED

Though a man be soiled with the sins of a life-time,
Let him but love Me, rightly resolved, in utter devotion :
I see no sinner,—that man is holy!

—Sri Krishna

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SRI
CHAITANYA
Krishna-
intoxicated

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January 13 **The Pure in Heart**

THE SECRET of self-discipline is purity.

Heart-purity,—not purity of motive, thought and impulse,—is the virtue the seeker must cultivate, if he is anxious to proceed on the Path.

As one of the Upanishads has declared, the knots of the heart must be snapped, the bars of desire must be broken, the heart must be pure!

January 14 **The Sin of Slaughter**

A CRY OF sorrow mingles with my morning meditations. O, the burden of the sin of daily slaughter in our cities !

A Free India, I had hoped, would abolish all forms of cruelty to animals. But India is not free. And no nation is truly free until the animal,—man's younger brother,—is free and happy.

We have adopted Ashoka's *dharma-chakra* as our symbol. Are we true to the spirit of Ashoka and Ashoka's ideals?

January 15 **The Great Law**

ART THOU in search of happiness? Then make others happy.

He who blesses others is blessed, and he who injures others is injured.

Such is the great law!

January 16 **Wisdom is Humble**

WISDOM is not wisdom when it is not humble.

Wisdom is not wisdom when it is too proud to mingle with poverty and destitution.

January 17 **Thou Art That!**

ALL SIN and suffering have but one source,—man's denial of his own divinity.

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Declare it in thy life and conquer death!

Die to the body and die to the mind! This double death will conquer death.

Death of the body is crucifixion of the flesh. Death of the mind is annihilation of the ego.

January 18 **If the Heart be Dark**

LIBRARIES OF books are around men, but they are still so far from the Light!

If the heart be dark, books can teach nothing!

January 19 **Work is Worship**

WORK IS an instrument of God's love in the service of a broken, bleeding world.

And work offered as self-surrender (*arpanam*) to the Lord glows with the beauty of communion with God.

January 20 **Men of Prayer**

EVERY ONE of the senses must be kept pure. The eye, the *vak* (voice, speech), and the *prana* (breath), must be kept pure.

If we control speech only but not the vibrations of *prana*, we get bad dreams. To be pure, so train yourself in the school of *brahmacharya* that your dream-state, your sub-conscious life may, also, be pure.

Therefore repeat "Om" or "Hare Ram" or any other *Guru mantra* as often as you can, by day and by night.

Men of prayer can achieve much, because prayer, repetition of Om or the *Guru mantra*, purifies the *prana*.

January 21 **He is Within !**

THE PILGRIM moves from place to place in quest of the Eternal.

The pilgrim wanders, seeking Him in the cities of this

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world, but finds Him not.

For He is within! And the pilgrim perseveres, until he enters into "silence" and reaches the Inner Realm,—the "Within"!

January 22 **To Desire is to Suffer**

PEACE DOTH not pass understanding : peace lies in understanding, in wisdom, in the perception that Life is One and that I should touch Life in sympathy and compassion, recognising that in all the million forms and changes migrates but One Life.

The illusion of "separateness" must go. In this illusion is the seed of desire. Therefore, to desire, to crave, is to suffer.

Nothing that you desire can ever give you peace : for nothing that you desire can ever endure.

Trishna, appetite, craving, is a feeling for the changing, the passing, the impermanent, and can never draw you near to peace and happiness.

January 23 **A Heart of Helpful Love**

INTO THE Kingdom of Krishna man cannot enter alone.

Man must receive into his brotherhood both bird and beast.

Without their blessings, their association, their comradeship, and without a heart of helpful love, man cannot fulfil his pilgrimage nor enter the highest Heaven.

January 24 **Fear Not Death !**

IN LIFE IS hidden the dream of death : and in death is hidden the door to the life beyond this life.

So fear not death.

To die is to stand in the presence of life.

January 25 **Laws of Growth**

IF THOU wilt grow, be humble as grass and patient as the

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trees, and prayerful as the daisy that turns its face to the sun.

January 26 **True Freedom**

THE NATIONS need witness-bearers to the truth that in freedom from greed and pride is the true freedom of the people, that in the self-giving which multiplies the joy of humanity is the power and glory of civilisation.

The nations need world-patriots, thinkers and artists, poets and preachers and statesmen, who would lift individuals and states beyond the exclusively national to the Universal, beyond race-pride to a World-vision,—the vision of Divine Humanity.

There is pride, alas! in the heart of the world's dominating civilisations.

There is pride in our patriotism and philanthropy.

There is pride in our fierce shouts of progress.

There is pride,—and the world's wound aches.

There is pride,—and Krishna hath concealed Himself!

January 27 **Behold the Christ !**

WHEN PAIN comes to try the patience of thy soul, lift up thy eyes to see the Christ on His Cross!

January 28 **Desire and Death**

TO FOLLOW desire is to wander from death to death.

Wilt thou live? Accept death before thou diest!

Wilt thou attain to the supreme calm of *nirvana*? Go into the fire first!

Death awaiteth all. Blessed are they who accept it before it arrives!

January 29 **The Friend is Everything!**

THE CREATURES are nothing : the Friend is everything.

The Friend is the One. Love Him!

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January 30 **The Way of Peace**

FLOWERS OF peace cannot bloom on the Earth, when the hearts of nations are a volcano.

Look within, and meditate on the *Atman*, and thou wilt know the Way of Peace !

January 31 **The Homeland**

SHIBLI WAS a lover of God. Halting at Baghdad, one evening, he found a young man to whom he put the question :—"Where are you going?"

The young man answered :—"To my home!"

"To which home ?" asked Shibli.

And the young man said:—"The Home in quest whereof are so many in the world! The way is arduous : but the Beloved desires us to be wanderers in His search!"

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FEBRUARY

February 1 **In Tattered Garments**

STORM-BEATEN and hungry for bread, alas! are so many.

They seek shelter. They need light in the darkness. Let me see my Master in them.

He cometh with soiled hands and tattered garments. In serving them, I serve Him.

February 2 **From Darkness to Light**

MOST OF us are no better than animals,—excommunicated from the Realm of Reality.

Man, tied to a life of the senses, is no better than a brute beast.

Man's destiny is to be a divine bird,—to grow wings and fly from this world of darkness to the radiant world of Light.

February 3 **Good and Evil**

RISE ABOVE both good and evil and you transcend division. You touch the Lotus-feet of God!

February 4 **All Things Are Passing**

ALL THINGS you see are passing.

There is the "fire of suffering" in the world. In this "fire" men and women are being burnt, everyday.

When wisdom comes, the "burning" is no more. And when we learn to look upon things as "empty," we grow in true wisdom of the Heart.

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February 5 **We All Are One !**

THE GREAT illusion of life is the feeling of "separateness." "I" am "they" : "they" are "I."

I am one with them, one with all,—one with birds and beasts, one with insects and trees, one with the earth, one with the stars, one with the suns and worlds in space!

In separateness is the world's great misery : in compassion (*maitri*) is the world's true strength.

February 6 **Humility**

IN AN interview, Einstein was asked :—"Why is it that pure science, without which there would be no applied science, is flourishing so much in Europe and so little in America?"

Einstein said :—"Because the Europeans have something the Americans have not yet learnt, and this is appreciation of thought. There is one quality essential for science which some physicists lack."

"What is that?" the interviewer asked.

And Einstein said:—"Humility."

True it is that humility is the key to truth.

And humility is a step to the Infinite : for to be humble is to be linked with the Lord !

February 7 **Silence Sings**

AN ANCIENT story tells of a city sunk in the sea. In the depths the bells are ringing, the song is singing. In silence alone may be heard the bells and the song.

The sea is the Heart. In its depths is the City of God. If thou wilt hear the song that is singing, go into silence. Pause and reflect! Silence will sing to thee!

February 8 **The Body is Holy**

THE BODY is a city in which dwells the Wonderful One,

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the *Atman*.

To know this is to have reverence for the body. All its limbs are sacred.

Therefore keep them healthy and strong. Keep them pure. Attune them to Nature.

Don't neglect the senses. Don't suppress them. Transform them into servants of the *Atman*.

So mayst thou grow into a noble manhood.

February 9 **The Thing Needful**

WHEN A Pundit asked Ramakrishna:—"Tell me what is the difference between (1) knower, (2) knowledge, and (3) the object known," the Saint answered in deep humility :—"I do not know. I am not versed in scholars' learning. I do but know my Divine Mother and that I am Her son!"

Ramakrishna summed up the essentials of life in these two things:—(1) the worship of the Mother; and (2) the service of mankind.

February 10 **Salvation**

BRAHMA NIRVANA? Why seekest it thou afar?

Not in a jungle, not on a mountain top is thy *mukti*! Not in telling the beads nor in ringing thy temple-bells is thy salvation, O son of the Soul!

Krishna tended the cows. The Pandavas tilled the soil. There, too, is the treasure thou seekest. Thy *mukti* is in bondage of service!

February 11 **To Live is to Give**

ONE DAY, Hasan asked Rabia:—"Tell me how you attained to this spiritual height."

Rabia answered :—"I know not where I stand. I only know that I did but one thing, friend! I scattered all I received."

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Yes,—Rabia realised that life was given not to hoard but to scatter in the service of her Beloved.

February 12 **Second Birth**

GENTLY DESCENDS the dew upon the flower. So gently descends the grace of God upon the heart. And desires die and spontaneity awakes. The man is re-born!

February 13 **Wake up!**

WAKE UP! Give up thy pride and vanity and fall at the Guru's feet!

February 14 **Krishna-bhakta**

THE KRISHNA-BHAKTA is aspiration-filled. His heart is parched with thirst. And the longing in him grows that he may pass away and perish at the Lotus-feet of the Lord.

Such a Krishna-*bhakta* may I aspire to be!

February 15 **The Message of the Flute**

"WHY DO you always wear black?" asks a character in a little drama. And the answer given is :—"I am in mourning for my life. I am unhappy!"

Many, alas! are unhappy. The world needs a message of strength, life and joy. Civilisation lies prostrate today.

The Lord of the Flute brings us a message of a new life:—"Bound for *Brahma-loka* (the City of God) are ye, bound for Beauty Eternal! Why wander ye away from Love? Why spend your strength in separation, hate and strife ?"

February 16 **Clean Mirror**

MAKE THY heart a clean mirror, gaze therein, and behold the Divine!

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February 17 **The Field of Life**

LOOK AT yon field!

The farmer has tilled it and sown the seed and watered it well. But this is not enough : he must fence it, lest the crop be destroyed by animals.

In the field of life, you sow the seed of *karma* (action) : you water it with aspirations. But this is not enough. You must fence the field with *satsang* (fellowship with God-men). Else would your crop be destroyed by the animals of passion.

February 18 **Spread the Light !**

HAST THOU power?

It is meant not for *bhoga* (enjoyment), but for service,—for helping the poor and weak.

Hast thou knowledge?

It is meant not for vanity, but for spreading the light among those around thee.

February 19 **The Poor in Spirit**

WHO ARE the poor in spirit?

They who lose themselves in the Infinite.

February 20 **Hasan's Humility**

HASAN'S HUMILITY was profound. He was sitting, one day, in a cottage surrounded by some of his followers. A man brought to him a maund of flour and said:—"This is my offering to those who practise *tapasya* (self-control) and renunciation."

Hasan had not taken a morsel of bread for seven days. And when the man had left, Hasan said to his followers:—"This maund of flour is meant for those who practise *tapasya* and renunciation. Alas! I cannot touch this flour: for mine is not a life of *tapasya* and sacrifice. Mine is a life of aspiration and longing for the Lord."

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Is not humility the secret of the life of saints?

February 21 **The Bhakta**

FAR AND wide have I travelled, and I have met men of many types in many lands.

I may truthfully say I have not seen a richer manifestation of the Eternal God than a true *bhakta*, humble as a blade of grass, simple and un-selfconscious as a child, and radiant and often seemingly foolish as a *gopi*, a lover of the Lord.

The *bhakta*, indeed, reflects the greatest glory of God.

February 22 **Self-annihilation in Daily Life**

OFTEN WE renounce our wills because we cannot help doing so. We surrender ourselves to others because we find they are stronger, mightier than we.

But to harbour not a single thought of ill-will against those who come to smite and slay thee, and to feel that thy heart is calm, is filled with a strange peace,—this is to practise self-annihilation in daily life.

February 23 **A Hush of Holy Peace**

ONE MARK there be of him whom He hath "touched" in silence. When such a man comes out of his silence, it seems to him that he has returned from another world,—refreshed, renewed, enriched. And he exclaims:—"Oh, where was I? And where am I now?"

A day comes when such a man no longer "struggles" for anything. He waits gently, waits quietly,—and he takes what comes to him as a gift from God! Pain, disappointment, defeat, he accepts as gifts from Him.

The struggle of impatience hath ended for him. A feeling of quiet grows on him. A hush of holy peace fills him. And mute music makes his heart a shrine.

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February 24 **Better Than Riches**

BETTER THAN the glamour of riches is the simple living that rejoices in the Name of God.

February 25 **The True Man**

THE TRUE man is the man of communion with the Divine Spirit. In such a man is kindled the Light.

When in the Heart within is kindled the Light, the Beloved reveals His Face.

February 26 **God Alone**

SOME HAVE a craving for this world,—its riches and honours.

Some others have a craving for the next world,—for happiness in Heaven.

Rise above both and have in your heart the aspiration for God alone!

February 27 **The Dead Are Not Dead**

THE "DEAD" are not dead.

The departed ones enter a new realm and are under the protection of an invisible Brotherhood of Angels.

It is the "form" that passes away : but the *Atman*, the Spirit, does not die.

February 28 **He Heareth**

IN SILENCE sit and invoke the Lord.

Invoke the Name Divine.

Sing, shed tears, speak to Him, for He heareth !

Enthrone Him on the lotus-throne of thy Heart and bring Him thy offering with love and humility in thy Heart!

February 29 **The Burden Bearer**

I HAVE never in my asked any man for money or any

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material thing. I believe Krishna, the All-Giver, giveth or not as He wills.

I believe, too, He bears the burden of His devotees Himself: *yoga* and *kshema* are both His gifts to them who to Him aspire.

Beautiful are the words of an ancient Rishi :— "Wear not thyself concerning the affairs of the city ! Nor be thou anxious about thy house or thy estate!"

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MARCH

March 1 **Know Thyself!**

KNOW THYSELF,—said Socrates. But no one knows himself until he is opposed. Knowledge comes through conflict.

Thou wilt know thyself, thy immanent divinity, the *Átman*, only when thou wilt continue to do thy duty, thy *dharma*, in the teeth of all opposition, all persecution.

To know thyself is to do thy *dharma*.

March 2 **The Heart of a Child**

ONE IS the ideal I keep before me every day:—"Be like a little child!"

In all my work I pray that I may never lose the heart of a little child.

March 3 **Cosmic Unity**

IN INDIA, in the long ago, men lived in fellowship with all creatures, with all life. Creation was one Family in God!

This vision of cosmic unity inspired the ancient Rishi, when he sang:—"*Ishavasyam idam sarvam !*" "All that is, is a vesture of the Lord!"

In this message of unity with flower and field, with bird and animal, there is, methinks, a hope for mankind.

March 4 **Boomerang**

EVERY THOUGHT you think is a boomerang : it comes back to you.

So be careful of your thoughts,—the thoughts of the mind

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and the sub-conscious self!

March 5 **Give ! Give !**

YOU HAVE work to do on the positive side.

Of this side of life, Jesus spoke in significant words. He talked not much : he was a picture of silence. But whenever he opened his lips to speak, his one word was:—"Give! Give!"

Give compassion, give service, give love to all.

For piteous is the world's need : and the universe groaneth and travaileth in suffering and pain.

March 6 **Just For Today**

KEEP ME unknown on life's dark way.

Yet faithful, true, just for today!

March 7 **Truthfulness**

AS THE body is purified by water, so is the mind purified by truthfulness.

March 8 **Thou Art Nigh!**

THOU, O Lord! hast given me work to do in this world! More awaits me in other worlds, other stars.

Wherever Thou keep me, let me feel that Thou art nigh, and that I have the blessings of Thy Lotus-feet!

March 9 **Lights That Heal**

WHEN DARK thoughts invade you, look out of your window at the stars.

They are lights coming from the *devas* (angels) to heal and bless.

March 10 **The Light of Love**

UNHAPPY ARE so many. They fight, alas! in the name of cults and creeds.

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"Come unto Me!" saith Krishna. I interpret this to mean:—"Come unto Love!"

Work, but charge it with Love! In every act, kindle the light of Love.

March 11 **Highest Joy**

THEY ASKED me:—"What is the highest joy on earth?"

I said :—"Friendship with the Radiant Ones!"

March 12 **The Heart of Silence**

GO INTO silence! Then come forth to speak, and your words will bring forth fruit a hundred-fold.

A speech is effective in the measure in which it issues out of the heart of silence.

March 13 **The Gates of Heaven**

A MAN had a dream in which he saw that he stood at the Gates of Paradise. And he saw a learned Rabbi who said:—"I long to enter Heaven. I studied the Holy Books, day and night! "

"Wait!" said the Angel. "We shall know from your earthly record if you studied the Books in reverence for the Prophets or for the sake of social applause."

Then appeared another learned man. He said:—"I long to enter Paradise. I fasted much."

"Wait!" said the Angel. "We shall first enquire if your motives were pure."

Then appeared another man. Simple was he. He said:—"I long to enter Paradise. A few fragments of my bread I shared each day with a man who limped and could not earn his daily bread : and I swept his floor, and I filled his water-jar every day. And I prayed:—'O Lord! make me a servant of some who suffer and are in pain every day!' "

And the Angel said:—"Blessed among mortals art thou!

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Thou hast attained the Abode of the Immortals. The Gates of Heaven are opened unto thee!"

March 14 **Chasing Shadow-shapes**

MEN SUFFER in this world of vanity and shadows.

Men wander, until they are exhausted, pursuing the shadow-shapes which come and go.

Men wander, yoked in slavery.

Men still must wander, until a *satpurukha*, a true seer of the Secret of life, looks upon them with the eye of mercy and, beholding them, blesses them and breaks their shackles of *moha*, attachment to earthly life.

March 15 **The Heart of Rabia**

FILLED TO overflowing was Rabia's heart with love. And to the worst of sinners she gave the love of her gentle heart.

One day she was asked:—"Don't you regard Satan as your enemy?"

Rabia gently answered:—"In my heart is limitless love for my Beloved: and I find there is not an empty corner in my heart for enmity to anyone or desire to fight anyone. By God's grace there is not one whom I may regard as my enemy!"

March 16 **The One Life**

LEIBNITZ, the great French philosopher, was a seer. He had the beautiful idea, the profound vision, that life on earth had three manifestations. Life sleeps in plants : life dreams in animals : life wakes in man.

Yes,—life is one. And the One Life that wakes in men, dreameth in animals.

March 17 **The Grace of God**

A MARK of him on whom descends the grace of God is

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an inner calm,—a holy peace which no danger, no difficulty, no disappointment can destroy.

Is he criticised? Is he slandered? The calm in his heart is undisturbed : the mirror of his mind ever shines !

Such a man seeketh to serve the world with nothing but pure love!

March 18 **In Silence**

IN SILENCE I know I sit at the Feet of my Lord.

Knowing this I know all I need to know !

March 19 **Grieve Not !**

I KNOW of persons who feel hopelessly miserable at the departure of their dear ones.

Such misery is a denial of God : it is real atheism. It is attachment to forms.

The right attitude, I submit, is to send out loving thoughts and prayers to the departed ones.

Let us not forget that to love another is to make him beautiful. Love beautifies the object of love. Prayer, too, gives beauty.

Therefore, as you think of your dear, departed ones, send out love to them and pray for them, and so help them to grow, more and more, in the new life of beauty and blessedness.

March 20 **Thy Will be Done !**

A FRIEND said to Rabia :—"You are ill : much have you suffered. Why don't you pray to God for relief from illness?"

Rabia answered:—"O friend ! know you not who it is who wills this suffering for me? Is it not God who wills it ?"

There was but one prayer in Rabia's heart, day and night:—"O God! My God! Thy Will be done!"

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March 21 **Holy Love**

IN HOLY Love, one has no longing after fine palaces and fair gardens, but has only the "pains of yearning."

In such holy Love, thou wilt not let thy Heart be trampled upon by body or mind. Thou wilt let thy Heart move steadily on to the One Beloved.

March 22 **The Three Jewels**

THREE THINGS, among others, I learnt at the feet of my Guru:—(1) silence; (2) guidance from within; and (3) sharing with others,—in the service of love.

These three I regard as the *tri-ratna*, the three jewels of life. To have them is, indeed, to abide in Him,—the Nameless One, whom *bhaktas* call Krishna, Zoroaster, Buddha, Christ, and by many other names.

These three release the spiritual forces which are needed, more than "plans" and "methods" and "systems," to transform men into new beings, who may live, each day, a life of surrender to the Will Divine, and be among the healers of our broken, bleeding civilisation.

March 23 **The Pilgrim**

"WHO IS a pilgrim?" they asked me.

And I said:— "A pilgrim is one who passes on the road with haste and humility in his heart and, becoming pure from self as fire from smoke, blesseth all,—for he belongs to the All."

March 24 **Life is Endless**

LIFE IS endless.

What is death? A gate to another life.

To understand this is to be fearless.

A Hindu *yogi* could meet the challenge of Alexander's threat with the bold declaration :—"Kill me, if you will!

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My soul is immortal."

March 25 **The Faith of a Child**

HOW CARELESS is the world!

It moves on, not thinking of thy daily struggles, thy daily defeats, thy suffering, thy trials and temptations.

But thy Master knows. Krishna knows. He knows of every ache in thy heart, every pain, every *vikara* within thee.

So cheer up and move on, in the faith of a child:—"My Mother is near! My Mother is here! She will not let me go astray!"

March 26 **Love All**

LOVING GOD, let me learn to love all.

Let me love even those who go astray,—the sinners,—not alone the saints.

Let me love the simple and the little ones, love children,—angels on earth.

March 27 **Build up Your Bodies!**

I BELIEVE that body-building is character-building, is nation-building.

I believe in the spiritual value of physical culture.

To young men eager for India's service, I say :—"Build up your bodies!"

March 28 **Alone With God**

EVERY DAY, men must be, for some time at least, alone with God.

Not by means of thought, but in and through silence, may God be attained.

When we enter more and more into silence, our desires are gradually eliminated : purity is attained, and the body

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and the mind are sanctified. And we taste the Name Divine and know how sweet the Name is.

March 29 **Conflict Makes Character**

DO NOT forget that struggle and sorrow develop your powers, make you a man, and prepare you for the work which awaits you.

Remember, conflict makes character.

March 30 **The Higher Self**

KNOW THYSELF! Man has known so much of the physical world : what does he know of himself?

The astronomer brings the stars to the sight of his observatory : what does he know of himself?

The cosmonaut has unravelled the mystery of space : what does he know of himself ?

The scientist has studied the lives of tiny insects and the fish in the sea : has he known the secret of his Self?

This Self, the Gita calls the *Atman*. We have known not a little of the earth and stars : what do we know of the *Atman*, the Self?

March 31 **Be Detached!**

ACT! WORK! Serve! But not in *moha* (attachment). Be detached!

Take sorrow and take joy indifferently!

Seek not virtue for her gifts : find the reward of doing right in right,—not the "fruit" that comes from deeds.

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APRIL

April 1 **The Temple of the Heart**

ABOVE ALL temples of brick and stone is the Temple of the Heart.

Cleanse that Temple.

April 2 **The Root of Religion**

THERE IS suffering in this world,—suffering all around. All creatures suffer.

So let me be tender and compassionate towards all! Let me harm no one!

Compassion is the root of religion, as pride is the root of sin.

April 3 **Give in Love !**

LIFE IS meant not to be hoarded but to be given away,—given freely to all, given in love, given in the spirit of joy!

April 4 **Be Like the Daisy !**

"WHAT IS God?" they asked me, one day.

And I said :—"God is the Light of all lights,—the Central Sun."

They asked me again :—"How may we be in contact with the Light, the Central Sun?"

And I said :—"Be like the daisy. As this flower turns to the sun, so let your heart turn to God!"

They asked me again :—"How may we become like the daisy?"

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And I said :—"Be ye filled with longing! When your life becomes a flower of longing, looking each day to Him, you will be blessed!"

It is true that very few have real longing for God.

Therefore, too, it is true that most of us have darkness within. There is night in our hearts.

Bring light into your heart and you will become a centre of joy and blessing to many.

April 5 **Long Exile**

WEALTH AND forms of beauty, and all the learning of all the books will pass away!

Yes,—all beside Thee, O Lord! all earthly things will pass away!

So bless me Thou, that in all my long exile, from birth to birth, Thy Love may ne'er be lost to me!

April 6 **Behold the Light!**

HE SAID :—"Ask what thou wilt of Me!"

I said :—"I know not anything : give Thou to me what Thou wilt!"

He said :—"Behold the Light!"

April 7 **Control the Mind**

NOT BY physical practices may you truly control the mind. Here are some of the means to control yourself :—

(1) Have *sanga* or fellowship with the pure and holy.

(2) Sublimate *trishna* or desire.

(3) Purify your breath by constant repetition of *Guru mantra* or "Om."

(4) Study *Sant-bani*,—the "words" and teachings of the pure.

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April 8 **True Repentance**

WHAT IS the secret of repentance?

Turning away from all save God. Not remembrance of sins but the forgetting of them. So true repentance and *smaran* (God-remembrance) go together.

April 9 **Lead Thou Me on!**

THE BOAT is so small : Thy sea is so vast.

Be Thou the Captain of my boat, and lead Thou me on!

April 10 **The Holy Name**

I SHALL sit alone and, in silence, utter Thy Name, Shyama!

Does not the child utter the name "Mother," again and again? And the child is not tired, but repeats the word in joy :—"Mother! Mother!"

So let me utter the Holy Name, "Krishna! Krishna!" again and again,—by day and by night, awake and in sleep!

April 11 **The Bond of Brotherhood**

THE TRAGEDY of our life is just here : we live in egocentric isolation from our brothers and sisters who are in hunger and suffering.

A few of us enjoy the "goods" of life. Our society, forgetful of the great social ideals of India's Rishis, moves on, day by day, without a cognisance of the bond of brotherhood, which alone can make us a nation of the Free.

And for lack of this bond of brotherhood, our very "laws" breed hunger : and our prisons are filled with our brothers and sisters whom our "laws" make criminals, and then chastise and put in chains.

April 12 **Out of Storm Into Calm**

STAND UP with faith in Him who leads us on,—out

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of storm into calm, out of darkness into Light!

April 13 **True Immortality**

TO BE lost in the One Life is to be truly happy.

In this union is true religion.

In this self-effacement is true immortality.

April 14 **In Little Things**

IN EVERY little thing is a wonder and a beauty which we do not see.

In every little ray, as it twinkles in the heavens above, in every little flower and leaf, in every tiny ant, in every atom which makes the dust of the earth divine, in every little spark of the flame that upward doth arise, in every drop of water that slips into the sea, in every little bird that sings in its little nest,—aye, in every bee that teaches industry and humility, flitting from flower to flower, and in every butterfly which the Great Architect of Nature has blessed with beauty, there is a divinity reflected in the centre of the soul.

April 15 **The Face of a Saint**

HOW LOVELY is the moon! How radiant is the little flower! How winsome is the child's face!

But above all and superior to all earth's beauty is the face of a saint.

April 16 **The True Riches**

"IF A MAN possessed the whole world," they asked, "would he not be immeasurably rich?"

Rabia answered :—"How could he be rich? The whole world would not make him wealthy : for riches of the world perish and pass away."

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April 17 **Conquer Craving!**

OUT OF desire are the issues of evil.

To rise, thou must conquer craving!

April 18 **Ever Awake**

WHICH IS the way to keep ever awake?

This,—to feel as thou dost draw thy breath that it may be thy last!

April 19 **Share the Fruits of Labour**

SHARE THE fruits of thy work with the poor.

Be not like those who prey upon the poor, paying them low wages.

April 20 **Pure as a Pearl**

THERE IS the *brahmacharya* of the eye : therefore, look upon no woman with lust.

There is the *brahmacharya* of the ear : therefore, listen not to words of ill-will or hate against any.

There is the *brahmacharya* of the tongue : therefore, be not angry : control your appetites.

There is the *brahmacharya* of the mind : therefore, control your thoughts and regulate them for service.

There is the *brahmacharya* of the heart. Love is divine: love is not passion.

As you grow in the spirit of *brahmacharya*, your body will be gradually transformed. You will become a ray of His purity. Your face will be radiant. The Beloved will shine through you!

April 21 **God and Man**

GOD DWELLS in a hidden way in human hearts.

In some He dwells, as a stranger, in a home not His own.

In some He comes as to His own home,—the Inspirer of

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life and its transactions.

In some He dwells as one who filleth them with His light and love.

Of such an one speaketh Sri Krishna in the Gita :—"He is passionless and he is pure, and he renounceth every undertaking and he is free from attachment and egoism : he hateth not and grieveth not and desireth not : and he rises above 'good' and 'ill'."

April 22 **Thou Art Divine!**

SIT IN silence,—away from the noises of the world.

Go into thyself, and for a moment see thyself as thou really art.

Dost thou not glow with a beauty brighter than the evening star, brighter than the sun in the firmament? *Tat twamasi!* Thou art Divine!

April 23 **Pilgrimage to God**

TO THE vast majority of men life seems to be a meaningless muddle.

Not many realise that life, at its noblest, is a *yatra*, a pilgrimage to God. The Infinite is our true Home.

April 24 **Moving Images**

EVERY HUMAN being is an image of the King of Beauty, and to serve the poor is to worship the Lord.

April 25 **Truly Great**

A FRIEND asked Rabia:—"Who among men is truly great?"

And she answered :—"He who has achieved four things. (1) He who has purified his heart. (2) He who, with purified heart, has learnt to pray to God. (3) He who hath risen to that true prayer which surrenders all to Him in a spirit of *tawakul*, believing that 'He will take the best

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care of me.' And (4) he who is absorbed in meditation on Him and in singing His Name."

April 26 **The Great Purifier**

THE VERY sight of a true *sadhu* (holy man) purifies.

From him come rays of purity, vibrations of *tapasya*, magnetic currents of love.

They kill the evil germs around us and purify our moral atmosphere.

April 27 **Love the Little Ones**

HE WHO loveth not the little ones, how can he love the Lord?

April 28 **A New Civilisation**

TO DEFEND the weak, to guard those that are below us in the scale of evolution, is to grow in the nobility and strength of life.

The beast and the bird cannot speak to us in the language we understand : they cannot protect themselves. For centuries they have suffered for our sins against them.

The Blessed Buddha said :—"When wisdom came to me, I resolved to defend the weak, and to all living things I gave the compassion of my Heart."

Yes,—with wisdom grows "*maitri*" or feeling of kinship with all life. And *maitri* (compassion) will be the basis of a new morality, a new culture, a new civilisation, in the coming days.

April 29 **Secret Thoughts**

BE CAREFUL of your secret thoughts, your sub-conscious impulses. See that they are fair.

Remember, whatever you send out of your mind cometh back to you.

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Do you hate another? Hate will come back to you.

Do you love others? Back to you will come the angels of love, printing beauty on your face and your actions.

He liveth well who thinketh well,—thinketh noble thoughts, beautiful thoughts, thoughts which are true and good and radiant.

April 30 **Renounce Greatness!**

IF THOU wouldst love, renounce greatness.

Strive not to be great but to be a servant of Humanity,—a servant of all Life.

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MAY

May 1 **The Temple of Life**

WE BUILD our temples with bricks or stones : we forget that the temple to which the Lord doth call us to worship Him and receive His sacrament is the temple of life.

We worship God in *mandirs* or mosques, in chapels or churches : we forget Him in the field and the factory, in the school and the market-place.

May 2 **The Interior Castle**

LIFE IS full of din and rush and hurry.

Thou must renew thy will. Thou must purify thy heart. Thou must protect thyself against the storms which beat, again and again.

So go into the "Interior Castle," to the serene quiet of the soul!

May 3 **The Master's Message**

RADHA, with tears in her eyes, sent a *gopi* to ask of Krishna at Mathura :—"When will you return to Brindaban, Master?"

Krishna sent his message to Radha and other *gopis* in words of simplicity and beauty :—

"O Radha! O *Gopis!* O ye that seek!
Forget not I seek you every day.
And I fain would come back to you,
If you will but extinguish the "ego,"
And kindle in your hearts

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The one only light,—the light of compassion and love!"

May 4 **Krishna is my Wealth**

THE KRISHNA-BHAKTA cries :—"I have no food and I have no shelter. Homeless am I, and no riches of the world do I claim. Yet I am rich beyond measure : for Krishna is my wealth, and Krishna is my food and shelter : and Krishna's love is my home. In Krishna is my Immortal joy!"

May 5 **Be Nothing !**

NON-POSSESSION is a virtue of the man who would grow in the life of the *Atman* (the Spirit).

If thou wouldst live in the *Atman*, possess nothing, claim nothing, be nothing!

May 6 **Fasting of the Heart**

MORE IMPORTANT than the fasting of the body is the fasting of the heart, i.e., abstention from desire.

More helpful, spiritually, than abstention from food is abstention from sinful desire.

And when you save time by fasting, you give more time to prayer and to reading of the holy words of holy men.

So are you drawn nearer and nearer to God.

May 7 **Greater Than the Joy of Heaven**

MEN OF power and wealth hast thou served so long!

Rejoice, today, in the service of the pauper, the poor, the broken ones.

The joy of serving them, who are joyless and in suffering and agony, is greater than the joy of Indra, the joy of the Heaven world!

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May 8 **The Mystery of Mysteries**

THE "EGO" stands in the way of "vision."

Annihilate the "I," and thou wilt never see thyself save in Him.

"O brother!" is the cry of Ibrahim Attar, "I will tell thee the mystery of mysteries : know that the painting and the Painter are one!"

May 9 **O Lord!**

O Lord !
Must all my days
Pass by thus,—
So utterly in vain?

May 10 **The Supreme Lesson**

LOVE, INDEED, is the most essential equipment of him who would attain.

A mystic of Iran tells us that when a scholar came to a sage, saying :—"What shall I do to attain?" the sage said :—

" If thy steps be strangers to love,
Depart! Learn love,
And then return to me! "

May 11 **In the Presence of a Child**

I SPENT some days in a village in Sind.

And, everyday, a child came to my cottage. He stood shyly near the door, looked at me and vanished! I, too, looked at him. Neither spoke a word.

On the last day, I said :—"In the presence of this innocent child, I feel ashamed of my emptiness!"

May 12 **Sat-sang**

SAT-SANG (spiritual fellowship) helps because it builds up a magnetic centre of spiritual life.

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From such a centre flows a vital energy, a *shakti*, which purifies our emotions and strengthens our faltering steps on the Path.

May 13 **Stop all Slaughter !**

I HAVE heard educated Indians speak, echoing the words of Western books, of "humane" slaughter. As well might we speak of humane murder!

Stop all slaughter!

Animals and birds have, alas! no language which we can understand and in which they can tell us of their suffering and pain.

Won't you see in them your brothers and sisters? Won't you behold in animals and birds the shadow of evolving Humanity?

May 14 **Let us Live God !**

IN MANY ways is He worshipped.

And this morning I said to myself :—Let us worship Him with life.

Long, too long, have men and women been entangled in forms, rites, ceremonies,—the ringing of temple-bells, the telling of beads,—entangled in externalism.

He is a true worshipper of God who does His Will in daily life.

Life is the test of prayer. Work is the test of worship. He prayeth best who bends his will to the Divine Law.

Emotion is not enough. Emotionalism is not spirituality. Ritualism is not religion. Let us live God !

May 15 **Self-examination**

THE SEEKER after God must practise self-examination, every day.

And in self-examination, the seeker must ask himself these

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four questions :—

(1) In doing service, have I a motive of my own?

(2) In speaking anything, am I selfish?

(3) In giving alms, do I seek anything for myself in return?

(4) In earning or collecting money, do I flatter any or do I stand up in courage and hold money as a trust for the service of others?

May 16 **What Doth it Profit Thee?**

ONE DAY, a man said to Hatim :—"This man has untold treasure!"

Hatim said :—"Yes,—he has earned untold treasure. Has he, also, earned endless life? If not, of what use will his wealth be to him in the hour of death?"

May 17 **The Prophet and the Priest**

THE GREAT mystic seer of India, Guru Nanak, one day visits Mecca during his travels in Asia. He reaches the holy Shrine there, feels very tired, and stretches himself on the ground to sleep.

A priest sees the Guru and is filled with indignation. The priest seizes the feet of Nanak turned towards the Ka'aba, then kicks the Guru and says :—"Infidel are you of the first order. How dare you insult this holy Shrine? See how you sleep! Your feet are turned towards the Lord's place."

And the Guru says :—"Why are you angry, sir? Turn, if you can, my feet in the direction in which He is not! Surely, He, the Allah, is everywhere!"

May 18 **Wisdom**

WISDOM COMETH not as long as your mind wanders. For dragged to the passing, the fleeting, your mind is confused : you wander : you do not see! You stumble and you fall as a drunkard, the outer world spinning round you.

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But when you are detached, you pass into a different realm, where purity shineth with the light of eternity. You live in the Self, in and by the *Atman* (the Spirit).

Then are you in communion with wisdom. Then you know and you behold!

May 19 **Friendliness With All**

GAUTAMA BUDDHA, the Blessed One, went from place to place, from village to village, taking his message to the multitudes :—"Build your society and build your civilisation in *maitri*."

And they asked him, one day :—"Master! what is *maitri*?"

And the Buddha said :—"Friendliness and friendship with all,—this is *maitri*."

And this, indeed, is the secret of a new society and a new civilisation, which is our piteous need.

May 20 **True Spiritual Leader**

AT A MEETING of aspirants, they discussed the question, "Who is a true spiritual leader?"

A disciple said :—"A warrior of the Lord."

"No," said Hatim Hashim, when they asked him his opinion; "a warrior is a *ghazi*, one who fights and kills others on the battlefield. But a spiritual leader is one who fights himself and becomes a martyr."

Another disciple said :—"A spiritual leader is a philanthropist."

"No," said Hatim; "such a man is a liberal giver. But a spiritual leader must be a receiver of God's grace."

"And who receives the grace of God?" they asked him.

And he answered :—"He who looks up to God in the daily trials of life, and whose one only hope is God and none but God!"

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May 21 **Dweller in Eternity**

BE THOU a brother of the poor and weak,
A friend of the friendless and forlorn,
A servant of the Cross, the Lotus and the Flute,—
A fragrant soul, a full-blown flower
That blooms to the Beloved,
Yet unknown to men,
And looking still on life with quiet eyes,—
A friend and pilgrim of Time,
But dweller in Eternity!

May 22 **Beloved Community**

A NEW Community is the cry of many hearts, today.

The richest treasure of the New Community will be integrity of character. And in the New Community, the struggle will be not for money, not for power, but individual freedom and co-operation in doing good.

The New Community will be a Fellowship : and this Fellowship will be deeper than a democracy. It will be a Community of Life and Love.

And this Life will, I profoundly believe, be, one day, shared by every bird and beast, every saint and sinner.

May 23 **If Krishna Comes Again**

KRISHNA, methinks, hath come to this earth-plane, again and again.

Sometimes we have stoned him unto death, sometimes crucified him on the cross, sometimes given him a cup of hemlock to drink, sometimes shot him with arrows, sometimes stabbed him,—even unto death.

And every time he hath blessed us with boundless love.

How shall we treat him when he cometh again?

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May 24 **The Cure of Pain**

MAN SUFFERS because he has entangled himself in the "ego," the little "self."

The "ego" is the cause of suffering and sin.

The cure of pain is to renounce the "ego" and be filled with the Word, the *Nama*, the Name,—of God.

May 25 **A Stranger**

THIS EARTH is not your home. You are a stranger here.

Your Home is the Eternal.

You are here as a traveller in a desert.

May 26 **No Better Than a Thief!**

IT WAS IN the dark days of famine, in Calcutta, that I saw, several years ago, the picture of a mother. In her arms was a pretty child for whom she begged. But the mother failed to get food and the child collapsed in the mother's arms.

That picture has haunted me, again and again. And I have, again and again, recalled the words of the Gita :— "He who cooks food for himself alone is no better than a thief."

In such a world of "thieves," Krishna's true disciple moves with the longing in his heart to serve the Lord. Krishna's disciple wanders, not to talk of creeds and philosophies : he moves among men to bear witness to Krishna's religion of compassion, fellowship and love.

May 27 **The One-in-all**

FEELING HIM, finding Him, within thy heart, thou wilt not look scornfully on any man, on any religion. Thou wilt see the One-in-all.

In the adorations and prayers of all men, in the benedictions and invocations of all sages and saints, thou wilt see

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the flow of rivers into the One Sea!

For, in truth, are all prayers but aspirations to the One Light, and the goal of every pilgrim on the path of life is to be a holy one in whom Truth may bloom into Beauty and Beauty into Joy!

May 28 **The Cure for Craving**

IN A *bhikkhu's* garb, he came to a village. And quick spread the news, far and wide.

"Blessed, blessed is the day," the village-folk said, "for the Master is come!"

And many from neighbouring villages, too, came to have his *darshana*. And one of them said:—"Master! tell us why we suffer!"

And he said:—"Ye suffer because ye wander."

And they asked:—"Why do we wander and have no peace in our hearts?"

And he said:—"Ye wander because ye have desires, craving, *trishna*."

And they said:—"True! What is the cure for craving?"

And he said:—"Let your thoughts dwell on the Invisible, for thoughts are internal forces. And as you think, so you make or mar yourselves!"

May 29 **So Help me, Lord!**

SIT IN silence, each day, and pray the prayer of the mariners:—"My boat is so small and Thy sea is so wide. So help me, Lord!"

May 30 **Ye All Are One!**

BE EFFORTLESS in your dealings with others. Strive not for conquest over them.

Condemn none,—but simply, silently, send out love to others.

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And you will realise, one day, that you and your brother are one!

May 31 **All Things Pass**

ALL FORMS must have their end.

Death is the penalty of birth.

And this universe, however massive it may seem, doth but flow back into formlessness.

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JUNE

June 1 **Avatara**

WHAT MATTERS if thou hast bathed a hundred times in the holy waters?

What matters if thou hast worshipped in the Shrine?

If thou wilt walk the way to God, cast away the little "self"!

If thou wilt know the Truth hidden, alas! by temple, mosque and church, walk thy own path and worship Him in the Temple of thy Heart!

So mayst thou see the Eternal One, and know that every one who conquers the carnal becomes an *Avatara*!

June 2 **Be Humble!**

BE HUMBLE and your prayer will pierce through all the clouds and reach the Throne of God!

June 3 **Judge no Man!**

JUDGE NO man! But pray for these who speak ill of thee!

June 4 **New Education**

"NEW EDUCATION will bring you a new world," said the great negro educationist, Roland Hayes.

Is not this, too, the voice of St. Mira's Schools?

New education will bring you a new world,—will build a new India, a new humanity.

To every student of the Mira School, I give the message, in the words of this great negro educationist :—"God has sent you for some high purpose, not to make you great but

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to serve your people!"

June 5 **Holy Life**

ASPIRE EACH day to live a holy life. Therefore, note the following :—

Never speak untruth.
Always avoid slander.
Heal divisions.
Strive for harmony.
Be compassionate to all creatures.
Shun luxuries, shows, idle talk, vain arguments.
Spend sometime in silence and meditation.
Abandon incontinence.
Live in perfect charity.
Sing the Holy Name.
Breathe out peace to all beings.

June 6 **The Deadly Foe**

WHY IS man dragged down into sin?—asks Arjuna.

And Sri Krishna answers :—It is *kama* (passion) that does it!

Yes, passion is the deadly foe of man.

June 7 **Perfect Disciple**

SEVEN BE the essential marks of a perfect disciple :—

(1) He is obedient to his Guru.

(2) He is pure-minded : he has risen above the mirage or *maya* of life. He has renounced sexual deformity. He has turned away from all ephemeral pleasures and fleeting sensations.

(3) He is strong in the aspiration to *moksha* (liberation).

(4) He is diligent and devoted to the welfare of others.

(5) He is never tired in the service of the Guru, and he serves him by speech and thought, by body and will.

(6) He listens to the voice of silence. He is awake within,

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and he is active on the outer plane. In quiet retreats,—on mountain-tops and silent hills, in caves and forests, on river-banks and sea-shores,—he hears the holy vibrations. To the noises around him he is deaf : and even in the market-place, he is awake to the notes of the Eternal.

(7) He has conquered his passions,—indolence, lust, anger, greed and *moha* (attachment).

June 8 **A Play of the Lord**

BEHIND ME and before me, within me and beyond me, is the One Glory.

It shineth for me in some blessed hours of life.

And when the Glory shines, I see all things transfigured into something rich and fair.

Life, then, is seen to be a *leela* of the Lord, a play of the Spirit.

He, the Eternal Youth, is at play. And the play is not without purpose.

June 9 **The Star of Love**

LET US be silent. Let Him speak,—the Soul of our souls.

With the aspiration to see His Face is every atom in the universe eloquent.

And all things move, led by the Star of His Love!

June 10 **Keep the Lights Burning!**

THERE IS a Temple better than any which human hands may make. It is the Temple of the Heart.

Within it keep the lights burning,—the lights of Truth and Love!

June 11 **At His Lotus Feet**

PLACE THY aspirations and difficulties at the Feet of the Lord.

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Thy sins, too. Don't be afraid to take to His presence the darkness within thee.

Sit at His Feet as thou art. Sit under His influence.

June 12 **Heaven and Hell**

BE DESIRELESS, if thou wilt, indeed, meditate aright. Renounce appetites, cravings.

Triple is the gate of hell, the Gita saith :—*kama, krodha, lobha*, craving, anger, greed. Turn thy face away from this triple gate. Renounce these three desires!

Renounce all desires, all appetites, and thou wilt be led on to the Gate of the Kingdom of Heaven.

June 13 **Reverence for the Poor**

THE SECRET of spiritual life is detachment.

Detachment must grow into dedication.

And out of dedication must grow reverence for the poor, the forlorn and lowly.

June 14 **The Vision Universal**

WHEN THE Light is seen shining within your heart, you behold the Light in all that is outside you,—the One Light in all.

This is the Vision Universal,—in which you see that the One is in all and that all are in the One!

June 15 **Harmony**

BE BALANCED and your life will be rich in music of the soul.

June 16 **The Valuable Gift**

THE VALUE of a gift lies not in the price you pay for it but in the love which inspires the heart.

It may be the petal of a flower : it may be the leaf of a tree : it may be a little fruit : it may be a cup of water.

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If it is given by a heart pure and lowly, if it is offered in love, it is richly blessed.

June 17 **Share and Bear!**

SHARE THE joys of the sage but share, also, the pains of the poor and lonely. Share and bear!

Not otherwise may the gates of True Life be opened unto thee!

June 18 **Self-surrender**

YOU DO not reach the Supreme Abode, until you ask nothing, desire nothing but, annihilating "I," resign yourself without reserve to Him and, in absolute self-surrender, in longing and love, abide in the Will Eternal :—"Thy Will be done!"

Then you glimpse the Light,—the Light of the Lotus-face which shines "beyond darkness,—and shines, too, in yonder sun,—and in the moon and stars, in fire, in lightning, in rain and storm."

June 19 **A Prince Among Merchants**

A MERCHANT lost three lacs of rupees. A man came to him for a donation. The merchant doubled the amount expected of him and said:—"I am rich : and the wealth I have is not mine but God's!"

Blessed was he!

June 20 **Give Love to All!**

KNOW THYSELF! See the One Life in all creation, and give love to all!

June 21 **Invincible**

HE WHO wants nothing, he who asks not for good food and good clothes and a good house, he who is dead to this

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world and is happy to live in the tomb of silence,—he cannot be tempted by Satan.

June 22 **The Smiling One**

THE RICHEST gift is the gift of a loving heart.

Offer that to Him.

Then go in search of Him and thou wilt find Him, one day, smiling and singing,—in the shrine of thy Heart!

June 23 **Protector of the Poor**

I STOOD in a bazar, one day. I saw a poor man there. He had not had his food for three days : and he had been beaten by a rich man.

The poor man was weeping. I looked into his eyes. I stood by him in silence. I stood by him in reverence. I stood by him with love in my heart.

And the poor man said to me:—"Who sees the tears in our eyes beneath these ancient skies?"

I said to him:—"One there is who sees! One there is who knows!"

And the poor man asked:—"Who?"

And I said to him:—"He knows! He sees! He who calls himself *Daridra Narayana*,—Protector of the poor. He said:—'Come unto Me, ye that feel forsaken and forlorn! Am I not your Servant and your Friend?' "

June 24 **The Will Divine**

IN OBEYING the Will Divine is the true wisdom of life!

June 25 **The Noblest Action**

JESUS WAS asked which was the noblest, the purest and the best of all actions.

And Jesus answered:—"Love and longing for Him!"

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June 26 **Reverence for Truth**

AN ADMIRER says to Rishi Dayanand :—"Sir! give me a *Guru-mantra*."

He says :—"Have I not given you a *Guru mantra*, already? This is my *Guru-mantra:*—Believe what you regard as true and give up untruth."

Can there be a nobler religion that reverence for Truth ?

Princes have no terror for this truth-teller. "Don't speak against image-worship, and the Maharaja of Kashmir will be pleased," says a high official to Dayanand. He answers with an apt quotation from Bhartrihari:—

"The wise do not swerve from the path of Truth!
They care neither for praise nor blame,
Neither for riches nor poverty."

June 27 **Dethrone the "I" !**

THE SOURCE of our restlessness is "I," the egoistic will : it must go!

Jesus asked his disciples to buy the "pearl of great price." And he pointed out that if you would buy the pearl, you must "sell all you have."

All attachment must go,—attachment to money, to woman, and to the "ego."

True renunciation is detachment.

Dethrone the "I" ! Empty yourself of the "ego." Be stripped of the little "self."

Be free of all that is other than God, if you will, indeed, love God and rejoice in Him!

June 28 **Free as a Singing Bird**

YOU ARE in chains, for you are a prisoner of desires.

Break them, and you are free as the singing bird!

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June 29 **The Song of the Bride**

LOADS OF books will not help you in the day of your departure. A simple letter will do.

Recite it, again and again. Sing it in your heart. Sing the one word, "Love."

It is the only Secret. It is the one "Song of the bride." She sings it on her way to the Bridegroom's House.

June 30 **Acceptance**

THE PHILOSOPHY of acceptance : I know of nothing higher.

Nothing outer can hurt thee. For the universe is not merely just : the universe is, essentially, good.

The Cosmic Soul is Love, and Humanity is His bride.

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JULY

July 1 **Spirituality is Self-surrender**

THE WORLD has worshipped "greatness." Learn thou to worship "poverty."

Be thou of the band of the little ones of the Lord.

Renounce thyself at His Lotus-feet.

Spirituality is self-surrender.

July 2 **A Singing Heart**

HE WHO serveth the poor in love is truly blessed, for in his heart the Lord Himself doth come to sing.

The Heart of such a man becomes a singing heart.

July 3 **Worship of Tears**

LOVE HIM with the love that never forgets His Law.

Love Him with the longing that never is vanquished by desire.

Love Him with the worship of tears and the offering of thy all.

July 4 **The Shrine of All Saints**

PILGRIMAGES WILL not help thee!

Thou wilt fail to find the Truth as long as thou wilt not look beyond the books into the Heart within.

Verily, in the Heart is the shrine of all Prophets and Saints.

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July 5 **Live for Others!**

TRUE MEN and women are they who strive for Life in the Spirit.

They live not for themselves but for others.

Picori,—the well-known Hungarian writer who had to leave his country and who stayed as an exile in America,—said :—"To live for others is the pinnacle of manhood. He is truly a man who liveth not for himself but for others !"

July 6 **The Essential Truth**

MANY BE the paths that lead Godward. The essence of them all is in two things :—

(1) When the little self, the "ego" dies, we enter into the Limitless.

(2) The Limitless is Love,—the All-living Love. When the Heart is pure, Love glows in the Heart within.

July 7 **Ye All are One !**

THE GAMBLER, the drunkard, the murderer : can you disown them ?

Don't you see your face in their faces ?

July 8 **He Seeketh Thee**

HE WHOM thou dost seek,—He is not far from thee!

He is the deepest Self of what thou art.

Enter into thyself and know that in thee is He whom thou dost seek.

Thou mayst wander the wide world through, thou wilt not find Him outside thee : for He is within!

And in all thy search never forget that the One thou seekest is He who seeketh thee!

July 9 **The Truly Great**

TRULY GREAT among men is he who hath renounced

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desires and possessions and all fruits of action, and is rich only in dreams and aspirations and never would turn them into silver and gold!

July 10 **Religion is Realisation**

RELIGION is realisation, not the cowl of a monk nor the ritual of a mosque.

There came to Abu Hasan, one day, a man who said :—"Thou art a *dervish* of God. Give me the clothes thou hast worn and I shall wear them!"

And Abu Hasan said :—"May I request you, first, to answer one question? If a man wears a woman's clothes, does he become a woman?"

"No," said the man.

And the *dervish* asked again :—"If a woman wears a man's clothes, does she become a man?"

"No," was the answer.

"Then," said Hasan, "how can you, by wearing a *fakir's* clothes, become a *fakir*?"

And Hasan proceeded to tell the man that he could not become a *fakir* until he had first a longing for God. In yearning was the seed of realisation.

July 11 **Brothers are we All!**

CHILDREN of God are we all,—men of faith and unfaith, men of diverse religions and no religion, believers and unbelievers.

So, in daily life, does God come to greet us.

And in the service of the poor, broken ones,—no matter what their religion, society, denomination or creed may be,—He, the Lord Himself, comes to bless us unendingly.

July 12 **He is Thy Shield!**

NO STORM of the world can harm thee. He is thy Shield!

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Make thy Heart thy Temple, and there give Him the worship of a dedicated life!

And to those that labour and are weary and heavy-laden, give thy sympathy and the service of love!

July 13 **Choose Nothing!**

IF THOU wilt become an instrument of the Divine Will, a vessel of His grace, choose nothing, but rejoice in the station or the work allotted to thee by God.

For, remember this, not what thou dost choose but what He does is the best for thee.

July 14 **Education for Service**

GOETHE PUTS in the mouth of Faust the words :—"What from the world have I to gain? Thou must renounce! Renounce!"

Sadhu Hiranand practised "renunciation,"—in joy! With joy he went to serve the patients in the hospital. With joy he nursed the cholera-stricken patients and healed them. With joy he met poor women and widows to help them. With joy he nursed his dear daughter, day by day and night after night, until he himself caught the fatal fever and died at the early age of thirty. With joy he mingled with students and young men. "To live is to be happy," he said. "Life is a blessing."

Many years ago, I sat at Hiranand's feet to learn what he taught in his simple, moving words. And the one thought he impressed on us, in many ways, was that education was a training in the service of society. Is not the great lesson of world-history this,—that knowledge is for social ends?

July 15 **The Guru**

THE TRUE Guru is even he who is in communion with the Divine Life.

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July 16 **Beloved!**

WHAT CAN I give Thee, O King of kings ?

A flower ? It will fade !

A lamp ? Its light will flicker and be extinguished in the wind !

A song ? It will vanish in thin air !

Come to my garden that I may adore Thee with lights and fragrance and with the one word :—"Beloved ! "

There shall I give Thee the one only gift I can,—the gift of tears.

July 17 **Seek the One!**

SEEK THE One : thou wilt find in Him the all!

No difficulties will daunt thee. For, attuned to the One, thou wilt find that thou art never left alone. The universe is eager to serve thee.

July 18 **The Two-fold Truth**

ONLY TWO things are necessary for spiritual advancement :—(1) realise that all things are transient, all things pass away; and (2) give brotherly love and compassion to all.

July 19 **Where is Krishna?**

WHERE IS Krishna?

Many are the *munis*,—silent ones,—but are far from Him.

Many preach Him eloquently yet know Him not.

Many do *tapasya*, binding their bodies in iron chains and denying their mouths the daily food, yet they wander in darkness!

Many there be who work and toil and serve, yet their hearts are lonely for lack of love and, in work and toil and service, see not God!

Where is Krishna?

In the heart of longing and love, not in thought-out sys-

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tems and philosophies is He : for no man may by thinking find Him.

By love may He be held and beheld!

July 20 **The Quickest Way**

NEITHER knowledge by itself nor good *karma* (action) but *bhakti*, (loving faith or love) can draw man the quickest to God.

July 21 **Twin Sisters**

TWIN-SISTERS are longing and tears.

July 22 **Practising the Presence**

AS AN aid to the devout life, the seeker should remember that whatever he does is being seen by God and whatever he says is being heard by God.

And in the hour of silence the seeker should meditate on God as the All Seer.

July 23 **Bridge of Brotherhood**

BUILD YE a Bridge of Brotherhood between East and West!

Suspicion, hate, strife, continue to keep the nations apart.

July 24 **The Flame of Passion**

SRI RAMAKRISHNA did *tapas* for years, until his flesh was overcome, and every woman was to him an image of his Mother.

Rishi Dayanand practised austerities for years together before he went upon his mission as a teacher of modern India.

A saint assailed by temptation threw himself over a big block of snow, not minding if he would catch pneumonia. He rolled himself in the snow, until his body became cool, bereft of passion.

St. Benedict rolled himself in clumps of thorns and briars.

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His body become one big wound : but he quenched the flame of passion.

July 25 **The First Lesson**

THE FIRST lesson in the scripture of my life is,—service!

Feed the hungry, serve the poor, bless the forlorn, and sing the sacred Name.

July 26 **If Thou Wouldst Know Thyself**

KNOW THYSELF!

Therefore spend sometime every day in silence, in meditation.

The distinguished men of the modern world rush from activity to activity, and die in harness without knowing themselves. Napoleon never found time to survey his life until he was sent into exile in St. Helena.

If thou wilt know thyself, go into silence every day, and render account of thy thoughts and actions, and frame resolves to live better, to think purer, and to grow in the wisdom of the Spirit!

July 27 **Little Acts of Mercy**

THE SACRED Upanishad rightly says :—"*Ahimsa* is *yagna*, is true sacrifice." Abolish animal sacrifices!

Surely, true religion should teach us to be guardians of birds and beasts,—our younger brethren. As a Chinese sage said :—"The practice of religion involves, as a first principle, a loving, compassionate heart for all creatures."

In the long ago, he whom I regard as one of the early prophets of *ahimsa*,—Ashoka,—opened hospitals for animals. Such hospitals need to be multiplied today.

Let schools and colleges give to their students lessons in kindness to animals! Let boys and girls be trained in little acts of mercy, little deeds of love!

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July 28 **O Lord!**

GIVE ME the strength, each day, to sing Thy Name, to serve the poor, and to worship the defeated in the race of life!

July 29 **Who Remembers?**

BEHOLD THE pyramids! Who remembers the names of the builders?

Name and fame are *maya*. Thy work will live on. Thou wilt be forgotten!

July 30 **Be a Little Child!**

BE A LITTLE child! Practise surrender to the Lord in the little things, the insignificant things of everyday life.

In the practice of small things, the practice of the Divine in the midst of daily duties, is the secret of him who would truly know.

July 31 **What is Silence?**

WHAT IS silence? Turning to God!

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AUGUST

August 1 **Trust in God**

WHO ARE they who put their trust in God?

They are the men who, in all situations, accept the Will of God as, indeed, the best for them.

August 2 **The Pilgrim Band**

MEDITATE! Grow in silence! Be not talkative!

Join the pilgrim-band of the silent ones and, in silence, adore the Beloved!

August 3 **Vehicle of the Spirit**

CONTROL the senses and purify the body so that it becomes shining, transparent, radiant.

Then you may know that the *sthula* is no longer *sthula* but a medium of the Divine.

Then may the body become a vehicle of the *Atman* (Spirit).

Then may you look at the world with new, illuminated eyes and every particle of matter may speak to you the ancient, sacred word :—Om! Om!

August 4 **What Dost Thou Seek ?**

DOST THOU still seek the pleasures of sex or stomach?

Thou wilt not know *Brahman*,—the Eternal God!

August 5 **Speak Only of God!**

KEEP THE mouth shut! And when you open it, speak of naught but God!

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August 6 **Mercy to Animals**

I PLEAD for mercy to the animals.

Can I, indeed, truly love God, if I do not love all things, all beings that God loveth?

Sometimes, sadness fills my heart, as I think of how so many of us live thoughtlessly, even when we see ourselves surrounded by suffering. How oft we forget that creatures groan in pain!

August 7 **A Fool in Krishna**

MOVE IN this world doing thy duty everyday, attending to thy work, but desiring nothing,—renouncing all craving annihilated in God, realising that He is thy All!

Filled with wisdom, thus, thou wilt to the world appear as a fool.

Be thou a fool in Krishna!

August 8 **Cultivate the Soul !**

YOGA IS spiritual agriculture.

Thou must sow the seed,—the seed of *tapasya* (self-discipline). Thou must water it with the water of love. Thou must fence the field with the sacred *mantra* (sacred word).

Then wilt thou reap a rich harvest.

August 9 **Who is a Thief ?**

HE WHO cooks for himself alone is a thief. If your house has not bread for a guest or a poor, starving man, are you better than a robber on the high road?

You cease to be human when you do not share and do not bear a brother's burden!

August 10 **Omnipresent**

HE IS everywhere. There is not an inch of space, not an atom of the universe, where He is not !

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August 11 **Asleep Are We**

MOST OF us appear to be "awake," yet are we in "slumber,"—not aware of the Divine Reality that is around us.

August 12 **The Nearest to God**

"WHO," they asked Jesus, "is the nearest to God?"

And Jesus said :—"He whose silence is meditation, whose speech is ever about God and the Saints, and whose look is a tear."

August 13 **As a Pilgrim**

AS A pilgrim I move on with wonder in my eyes and with a song in my heart. For the Earth in wonderful. And every day He passeth by to bless my pilgrimage.

August 14 **O Merciful One !**

Unclean am I
And full of stains!
Open Thou the veil
And speak to me in mercy,
O Merciful One, *Al-Rahman* !
That I may see Thy Beauteous Face!

August 15 **Are You Truly Free ?**

YOU ARE not truly free if you have not renounced yourself in the service of the poor and the outcast, the lowly and the lost.

You are not truly free until you hold property not as a possession but as a "trust."

You are not truly free until you wander as homeless *akinchanas* to feed the hungry and clothe the naked and kindle light in the midst of darkness.

You are not truly free if you have not purified your hearts of desires and ambitions and impulsions of the flesh.

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August 16 **Be Intoxicated !**

TRUTH COMETH in a flash. Truth captures you when you become a *masta*, when you are "intoxicated."

Not by the gate of "consciousness" comes divine knowledge. Be "unconscious." Transcend yourself.

Then will the Beloved come Himself and kindle in your heart the Knowledge Divine!

August 17 **The True Lover**

THE MOTH is happy when consumed by the light.

The spiritually-minded are happy when they bear witness to the Beloved by pain and suffering : and they gladly die many a death for Him.

August 18 **Wealth Unshared**

HOW UGLY is wealth, unshared, unspent in the service of God and Man!

How ugly is wealth that is boisterous in the revels of intoxication and gluttony !

How beautiful is simplicity that smiles on children and, when the night is advanced, goes to bed with a *sloka* from the Gita and a prayer of gratitude to the Lord!

Verily, the wealth of him who shares not is the wealth of a robber!

August 19 **The Most Precious Jewel**

THE MOST precious jewel is *Rama-ratna*, the jewel of the Name of God, the jewel within the Heart.

And every day, one prayer in my heart is :—"O Lord! teach me to sing Thy Name. And deliver me, Beloved God! from bondage to outward things."

And may this be the fruit of my everyday aspiration that Krishna, the Master, may illuminate every inch of my being!

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August 20 **Be Little !**

BE AND not seem. And the secret of communion with Being is "not-to-be."

Nothingness is the way to perfection!

How to attain to the stage of nothingness? Every day try to be "little"! Renounce,—prominence, power, position!

August 21 **The Still, Small Voice**

GO INTO silence, enter within, and in silence listen, in silence see!

It is true, the Heavens declare the glory of God. The *visvadarshana* (the cosmic vision) is wonderful. But neither the heavens above nor the earth beneath reveal the Lord so well as the still, small voice which speaks in the holy of holies in our hearts.

Prophets have found God, not clothed in whirlwind or earthquakes, but in the still, small voice within!

August 22 **Gratitude**

I HAVE struggled and suffered. I have known what is poverty and what is pain.

And I lift up my heart in gratitude to God and say :— "Blessed be Thy Name!"

August 23 **The Coming of Krishna**

ON THE threshold of her house in the street she stands,— a girl of tender years. They pass through the street,—boys and girls, men and women. She stands!

Some laugh at her. Some taunt her. Some throw little stones at her. She stands!

Hours pass by. She stands! Her father calls her saying, 'tis time for meals. She stands!

Then says her mother :—"Come! 'tis time to eat."

"Mother," she says, "I wait, for in my heart is a longing."

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"What ails thee, my child?" the mother asks.

And with tears in her eyes, the maiden says :—"Mother! I learn that he will pass by the street, today,—Krishna, the Compassionate. At what hour I know not. But some time, today! And I stand waiting for his coming : for in my heart is a longing to follow the flute."

With eyes of shining expectation, with a heart smitten with longing, she awaits, speechless, the coming of Sri Krishna.

How many have such longing for communion with Krishna?

August 24 **Be Like the Rain !**

BE LIKE the rain which giveth itself to all.

August 25 **Just For Today !**

Cleanse Thou my heart,
To Thee I pray!
Hold Thou me fast
Just for today!

August 26 **Go Into Silence !**

THE KINGDOM of the Spirit is within. And to commune with it, thou must go into silence.

August 27 **Brahma Nirvana**

HUNGER FOR greater hunger, and thirst for greater thirst arise as you make progress on the Way, but they cease at the end of your journey.

For never doth a man reach the Goal until he desireth no more and, stripping himself of space and time, he entereth into *Brahma-Nirvana*,—the Peace Supreme, the Light that hath no shadow!

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August 28 **In Quest of Krishna**

A GIRL goes forth to the forest in quest of Krishna, and there, with longing in her heart, cries:—"O Krishna! come!"

Krishna does not show himself, but in a moving voice says to her :—"My child! go back and do thy *dharma* (duty). In thy very home, in the midst of thy work, wilt thou find Me!"

The girl obeys, and Krishna comes in the form of a poor, old woman. The girl receives the old woman with love, offering food and clothes to her. And, as the girl brings a cup of cold water to the old woman's lips, Krishna shows himself with a flute on his lips.

The Beloved One stands before the girl and says :—"My child! thou hast served Me, for thou hast served this old woman. Therefore is this, My vision, thy reward!"

August 29 **Touch the Timeless!**

TO LIVE in the *Atman* (Spirit) is to live in Timelessness.

He who liveth in the *Atman* seeks no fruit of action, no reward for work. He is content to let go all his gains, his fruits of action.

For in his action he hath touched the Timeless. He seeks no more!

August 30 **The Truly Wise**

THEY ASKED Jesus :—"Who among men is truly wise?"

And he said :—"Not he who talks wisely but he who acts wisely."

August 31 **If You Would be Happy!**

KEEP YOUR mouth shut, and you will be happy!

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SEPTEMBER

September 1 **O Wanderer !**

MAN WAS meant to be a pilgrim, but has become, alas! a wanderer.

And the wanderer gets entangled, again and again, in the snare of the senses. The wanderer gets attached to objects.

His wandering will not cease, until he has learnt to turn away from the world of "objects" to the Realm of the Spirit. The world of "objects" can never give true happiness.

True joy can only come through communion with the Inner Spirit, the Self that is within!

September 2 **What is Service?**

WHAT IS service?

He that hath two garments, let him share with him who is naked. And let him not eat his food without sharing it with a hungry man or woman.

September 3 **Give in Secret !**

SEE THAT what you give remains a secret in your heart!

September 4 **The Richest Gain**

MAN IS swayed by many desires : and man wanders!

He forgets that his days on earth are short and the needs of his life are few.

Man wanders over seas and through the cities of men,—wanders, alas! to gather wealth and the treasures which transient are and perish!

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Alas! man forgets that his richest gain is not silver and gold, but the inward calm that giveth understanding, and the patience he needs in the trials of life, and the freedom that is not a parchment of paper but the treasure which must be won, every day, anew, in the mind illumined and lowly, and in the heart humble and holy.

September 5 **The Rich and the Learned**

THE RICH have gold. But to hoard is to narrow the heart.

The clever or learned have active brains and "knowledge" of books. But books, to a man lacking the inner light, are as spectacles behind which there are no eyes !

September 6 **In the Hour of Death**

IN THE hour of death, think of the Lord and repeat the Holy Word, the Holy Name and, as you cross death, you will find that darkness travels towards light, and the light unveils the Face of the Beloved!

September 7 **The Secret of the Flute**

ONE DAY, Radha asks Krishna :—"Master! the flute is on thy lips. Why is it so near to thee?"

And Krishna points to the holes in the flute and says :—"The flute has consented to be cut up into holes. I breathe into the flute my breath : and there is music for the healing of men."

How many will, flute-like, consent to be "cut up into holes, and surrender themselves to the Lord?"

September 8 **Stolen Happiness**

O SEEKER of the Supreme, look around you and see that the world is sad, is broken, is smitten with suffering, is torn with tragedy.

Seeing this, arise! And be a servant of all who suffer.

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Remember, you cannot be happy while others are unhappy.

The "happiness" you see is not true: for it results from inequality. It is the happiness stolen from so many who are unhappy in the measure in which you are happy.

September 9 **The Ganges of God**

EVIL, IMPURE forces arise, again and again.

But the Ganges of God,—the purifying force of His Grace,—flows on for ever!

September 10 **The Secret of a Saint**

ENTIRE self-surrender to God,—is the secret of a true saint.

Therefore is he a man of purity, humility and meekness.

September 11 **What is Love?**

WHAT IS Love? A Sufi answered thus :—"Love means to give all that thou hast to Him whom thou lovest so that nothing remains to thee of thine own."

Conquer desire through the power of Love. Love God for His own sake, not for any reward.

Seek the Giver, not the gift !

Seek the Giver, not "miracles" nor "power" over Nature!

Never forget that thy goal is union with God. Thy deepest love, indeed, can be satisfied in God alone!

September 12 **They That Lose, Find!**

IF THOU wilt know thyself, lose thyself,—in love! And thou wilt find thyself.

September 13 **The Wind of Desire**

ALAS! MEN drink the wine of desire and forget the real Self. Let me arise out of desire,—arise and go to my Father!

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September 14 **Meditation**

TO MEDITATE is to renounce the "fragments" and enter into communion with the Whole!

September 15 **Express the Eternal!**

EXPRESS Eternity!

Therefore, know that the world, though transient, is not a phantom but has a *meaning*.

To express the Eternal in time, eliminate *desires*. Transform them into *aspirations*!

September 16 **Love All Creatures**

GIVE FOOD to the poor, and compassion to the sinner, and love to all creatures.

September 17 **Self-Control**

DIFFICULT, indeed, is self-control!

You may drink the ocean dry. The mountain you may uproot. You may even swallow fire. But more difficult is self-control!

September 18 **Temple of God**

THE BODY is a temple of God, a *Brahma mandiram*.

The body must be kept pure and strong in order that the God Self may work through it for the service of Humanity.

We are responsible for the forces which flow through us : and if *satvic* forces are to go out of us to help others, we needs must keep our bodies pure and strong.

September 19 **Discipline of Work**

ARE YOU unhappy? Do you feel perplexed? Does the *sitar* of your heart vibrate to the music of sorrow?

Then let me say this to you :—

"Take courage! Don't abandon your daily duties. The

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forest will not give you what you seek. Running away will not help you. You cannot run away from yourself. Work is the *sadhana* (discipline) you need. Don't renounce it! Through bonds of *karma* (action) must you attain to Freedom."

September 20 **Servants of Love**

THE SOUL serveth : and service is humble, meek and lowly.

The soul serveth,—seeking no position, no power,—seeking to be but a servant.

The Kingdom of Heaven is the Kingdom of those who, meek and lowly, serve!

They, the servants of love, are the blessed ones! They lay their loving hands on those that are weary and heavy-laden, blessing them and giving them the sacrament of spiritual life!

September 21 **Be Still, my Soul!**

BOOKS AND scrolls are ashes and dust : and from human creeds and schools and schemes the Light goes out.

Take from your hearts the strain and stress of life.

Be still in the soul within you, and you will know!

September 22 **Fulfilment**

YOUR LIFE is fulfilled in meditation, compassion and service.

September 23 **Annihilation**

THE MOTH seeketh destruction in the flame : so may I seek annihilation in the love of my Lord!

Not till the self is burnt to ashes may the Hidden Self be unveiled and the Secret of Life revealed !

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September 24 **Jewels or Snow?**

RENUNCIATION grows out of the thought, on which we should do well to meditate, that what belongs to this world is transient and that only what belongs to God is abiding.

Is not the "abiding" better than the "transient"?

In the language of al-Ghazzali:—"Jewels are better than snow. Snow exposed to the sun melts : but a precious stone never passes away."

September 25 **Be not Disheartened!**

DOES SIN pursue thee? Be not disheartened! In sin, too, is the Sinless One.

The Lord pursues thee. And when the glamour of evil will go, thou wilt know that, wading through sin, thy spiritual strength has grown greater, and thy spiritual vision is keener than before!

September 26 **Be a Will-doer !**

THOU WILT not be happy by possessing things.

If thou wilt be truly happy, *do* the Will of God in daily life.

This is not an easy task. Thou must do *tapasya*. Thou must bear thy cross.

Suffering purifies. And none was truly happy who did not purify himself.

September 27 **The Guru**

THOU HAST descended here from heights beyond the stars. Thou hast come from the *devaloka* (the realm of the Gods)!

O, find someone to help thee to see the God within thee!

September 28 **Conquer Thyself!**

WILT THOU be a God ? Conquer thyself!

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September 29 **Maunds of Mercy**

GIVE ONE grain to a poor man, and God will give thee maunds of His mercy!

September 30 **Mingle! Don't be Single!**

THE MEANING of life will not be revealed by mere contemplation.

Mingling with life is necessary.

Fellowship with the poor is essential to spiritual progress.

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OCTOBER

October 1 **Learn of the Tree!**

LOOK AT yon tree! Stone after stone is flung at it. What does the tree give in return? Fruits or flowers!

Does a man hurt thee? Give him the healing of your love !

October 2 **The Way of Gandhi**

A FEW of us were with Mahatma Gandhi as he walked, one day, along the bridge which leads from Rohri to Sukkur, in Sind.

In answer to the question :—"What is the easiest way to God?" Gandhi said:—"To me *seva*,—service of the poor,—opens the easiest way to God."

In one of his books, Gandhi says—"I would rather be torn to pieces than disown my brothers and sisters in suffering and pain!" He identified himself with the poor and needy,—the broken ones, the neglected ones, the indentured labourers, the untouchables,—with all those whom the world, intoxicated with power, tramples upon everyday.

Religion, to Gandhi, was not creed but right life,—a life of sympathy and love, of fellowship with the poor.

October 3 **Declare thy Divinity !**

THOU HAST not a soul : thou *art* a soul!

Stand up in thy true dignity, brother! Stand up and declare thy divinity!

Say, I am a soul! I shall not be a human machine. I

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shall not let myself be dominated by customs and creeds.

I am of the *Atman*, a soul in the World Soul! I am a son of the Immortal, and claim freedom as my heritage!

October 4 **Brother of all Creatures**

A YOUTH has caught a number of turtle-doves and is taking them to the market. He meets Francis on the way. "I pray thee, give me these gentle birds," says the saint.

The good youth gives them all. And Francis receives them into his bosom, talks to them tenderly, and builds nests for them all.

A fisherman brings to Francis a water-fowl. Francis accepts the bird, then opens his hands to let it fly away. Another fisherman brings to him a great fish alive. Francis puts it back into the water of the lake.

St. Francis was a brother of all animals, a brother of life, a brother of all creatures. In his heart he communed with the Brotherhood of Life.

October 5 **What the Beloved Wills**

A COMPANION asked Rabia:—"Is there a thing you would like to eat?"

Rabia said:—"You know I wish to eat dates. For ten years have I lived here: dates are plenty here. But I have not yet eaten a single date. Why? I am a servant of the One Master. The desire of the servant matters little. I can but eat or have what the Beloved wills for me!"

October 6 **The Path of Devotion**

GNANA MARGA or the Path of Knowledge is so difficult : it is not easily accessible to all. Who can say he has adequate knowledge of the Infinite, the Endless, the Incomprehensible One ?

And is not *karma marga*,—the Path of Action,—too, a

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difficult one? For, to tread the Path of Action aright, you must renounce all desire for fruits of action. Who can say he has renounced the desire for all fruits?

Man is so weak! In love, in *bhakti*, in devotion, is the secret which can, with less difficulty, be seized by the average man of the age in which we live.

October 7 **Grace of God**

TO BEAR and endure is ever a mark of him who would grow in the grace of God.

October 8 **Transform the World!**

FULL OF hate and lust, alas! is the world around thee. But thou art not asked, on this account, to leave the world.

Thou art asked to transform it. Therefore, be in the world to serve it.

The world will not hurt thee, if thou wilt keep thy mind and heart pure.

October 9 **The Holy Presence**

TO MEDITATE is to prepare to enter into the Presence of God.

He meets us in the depths: we live, alas! on the surface. In the depths within us moves the Presence Divine.

Each day, then, must I into silence go! Each day must I sing the Name and rejoice in the Holy Presence.

October 10 **The Truly Happy**

AT THE DOOR of a saint knocks a seeker.

"What do you seek?" asks the saint.

"In quest of happiness have I wandered many years," is the answer.

The door opens. The seeker sits at the feet of the saint and asks :—"Where is the happiness I have sought and missed?"

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And the saint says to him :—"Here are two fruits. If you eat the one, you will understand what happiness is. If you eat the other fruit, you will enter the realm of happiness, but not understand what happiness is. Choose what fruit you will!"

And the seeker said:—"Master, I choose the second."

And the saint said:—"You have chosen well. For to understand happiness and not to have it is to be unhappy. And to go into the realm of happiness is to transcend understanding. They who are truly happy rise above the dualism of mind, and it is the mind that understands. They also rise above the impotence of speech. They understand not: they speak not: they are!"

October 11 **The Meaning of Life**

SHARE AND BE selfless! In *maitri* or true "friendship" be linked with the poor and lowly ! In compassion and love discover the meaning of life!

If you would truly love, serve without stint or spare.

Look at the sun ! Even as it loveth us,—the poor no less than the rich, the sinner no less than the saint,—giving his radiance to all, even so love ye one another!

October 12 **Captain of my soul!**

O CAPTAIN of my soul! take me back to my Home!

October 13 **Abide in Silence!**

WHEN THINE ear is closed to the noises of the world, then, O pilgrim! mayst thou hear the Music of the Spirit,—the Flute of the Lord!

Be not entangled in a world in tumult lost! So mayst thou hear the *Shabda*,—the Word Eternal.

In silence abide! And in silence will speak to thee the Silent One!

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October 14 **Voyage of Discovery**

TO MEDITATE is to navigate.

Each day be thou a navigator, and each day discover a new region of the Light within thy soul.

The Infinite Universe is within thee!

October 15 **A New Brotherhood**

IS THIS civilisation preparing to destroy itself?

Where is our hope if not in a new Brotherhood of races and religions, a new Brotherhood of the nations of East and West?

Krishna's Flute is to me a symbol of this Hope, a symbol of the new Song of a new divine Humanity !

October 16 **Scripture of Life**

EVERY ONE of us is writing a *shastra*, a *jeevan veda*, a scripture of life.

What story does it tell of the part we have played? What have we done on the battle-field of life? Had our food and clothes and slept? Sought ease and comfort?

But there is in everyone of us a Hidden Self that will not be gratified with the things we seek.

October 17 **To Give is to Live**

THERE ARE those who give,—to receive applause.

But a few there be who give,—in sympathy and joy. They believe in the bounty of life : and in their eyes shines the Krishna-light !

They give not as do those who say they will give only to the "deserving." They give as giveth the sun its light to the "good" and the "bad" alike.

They give, for they have been taught that to give is to live, and to hold back is to turn away from the light and pass into the night!

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October 18 **Forget all Else!**

EVERYTHING else forget thou, O *jignasu!*

Forget all around thee and all the records of time which constitute the history of the world.

And forget thy little ambitions, thy little acts which make thee vain.

Forget the strifes and struggles of passing interest. Forget the petty quarrels and conflicts of nations and civilisations.

Forget thyself, and remember but the Beloved. Remember alone the Name of the Beloved and remember the pure, the love-filled songs and activities of the Beloved.

October 19 **Source of Blessings**

O CHILD of God! fill thy world with love and service!

So be thou a source of blessings to many!

October 20 **Self-crucifixion**

SELF-WILL must be crushed : self-crucifixion must be experienced.

This self-annihilation is more than passive self-surrender.

To retain peace in the midst of pain is the secret of annihilation.

October 21 **The Man of Faith**

A TRUE *sadhu* (holy man) cried, out of the fullness of his faith, amid a host of trials :—"What the Beloved desires must, also, be the desire of my heart!"

The man of faith sees a purpose in all the pains of nature, in all the toils of life.

He knows that nothing good is lost, that not one aspiration for the Life Divine is destroyed, that every trouble is a messenger from the Beloved, that every pain trains the eye of the soul to behold the beauty of Life's Secret,—the Wonder of the All-Love.

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October 22 **Love Compassion!**

Eat little,
Sleep little,
Love compassion,
And serve the poor!

October 23 **Silence Groups**

FORM SILENCE groups and meditate upon the Lord's Love.

In that meditation will be gathered a great power of action, of service to man and bird and beast. For meditation awakens aspiration, and every aspiration is a force.

And to meditate on Sri Krishna or the Christ is to grow in the knowledge that to love Him is not merely to sit at His Lotus-feet but, also, to wander and be wounded in the service of man and the sub-human God.

October 24 **The Procession**

HISTORY IS a procession. Do not stand aloof, but mingle with others and walk in the procession.

Perchance, you will find the *Avatara* walking beside you!

October 25 **The Divine Boatman**

WITH BLESSINGS untold is our life enriched if we sit at the feet of a *satguru*, a seer.

For he is a compassionate one. He wakes us and gives us a lamp to tread the Path.

He dispels our darkness and opens our ears so that the very deaf in our midst may hear. And he opens our tongue so that the dumb in our midst may speak.

He teaches the Name,—*Nama*,—of unspeakable beauty.

He transforms our senses and our mind. He purifies and illumines our heart.

And taking us, step by step on the Path, he unites the

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souls with the Spirit Divine.

Yes,—he leads us to the Other Shore. He is the Boatman Divine.

October 26 **Hope For the Highest!**

THOUGH CLOUDS around thee be, hope for the highest, the best!

Lose not faith in God! For he doth rule, though tempests roar!

October 27 **An Offering**

BUILD NOT thy hope in men! Whatever thou doest, do it as an offering to God!

October 28 **Pearls of Great Price**

A RAIN-DROP fell from the skies and, as it was about to sink into the ocean, said:—"It is God's Will that I be broken into nothing." Then a shell caught up the drop of rain and, behold! it became a pearl!

The humble become pearls of great price. To live the New Life is to shun the glamour of "greatness" and be a silent servant of the Silent Ones.

October 29 **Be Merciful to Me!**

See not my sins,
And see not my wrongs,
Beloved! Be gracious to me,—
A sinner and a servant at Thy Door!

October 30 **The True Brahmachari**

THERE IS the *brahmacharya* of the *manas*, mind. How many observe it in actual life?

Two things are essential. Keep out impure thoughts. And after you have grown in purity, don't have the pride

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of purity.

The true *brahmachari* is humble : he knows his littleness in the presence of God, the Infinite.

October 31 **Accept Him!**

ACCEPT HIM in all the trials and sufferings of life!

Accept Him and learn to offer, every day, the one prayer of the heart, contrite and lowly :—"In Thy Will be the peace of my life!"

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NOVEMBER

November 1 **Life's Richest Treasures**

ONE OF the earliest lessons I have endeavoured to learn is that life's richest treasures may be found only within oneself.

I need only to listen, to pay attention, to accept life.

November 2 **Prayer**

THIS DAY I pray :—"Lord of Light! make me strong as the sun and pure as the moon and radiant as the stars! And make me humble as the grass which makes the earth green and beautiful!"

November 3 **The True Devotee**

WHO IS a true devotee of God?

He who never complains but accepts,—all that comes from God,—all benefits and all affliction.

November 4 **To Whom do you Belong?**

BE SELF-SUSTAINED, but not isolated. Contact humanity and, in this contact, meet your God.

To Him you belong,—not to a sect, not to an ism, not to a geographical area or a political party.

November 5 **Service of Love**

BEHOLD! the Sons of Light summon us to the service of love,—to help a sister here, a brother there, to lift the load along the rough road of life!

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So may we make each day a *yagna*,—an offering of love,—to Him whose Love doth shine and shine and shine in all the toil and tears of life!

November 6 **Life is Passing**

LIFE IS passing. Alone the One *Nama*,—the Name Divine,—abides.

To That, may we cling each day!

And in Him,—at His Lotus-feet,—may we find the rest of our hearts!

November 7 **Pain, too, is a Gift!**

A FRIEND asked Rabia :—"How may we know that God is well pleased with His servant?"

And Rabia said :—"When the servant greets suffering as a gift from Him, even as he would greet what he regards as good,—regarding both pain and pleasure as messengers of God."

November 8 **Whom God Chooses**

WHOM GOD chooses, He annihilates!

November 9 **All-in-all**

THE BREAD of my Soul art Thou!

The Strength of my Heart art Thou!

The Treasure of my Life art Thou!

November 10 **Let Him in!**

O CHILD of Krishna! wander no more!

Find thy rest in *Nama*,—the Word,—in *Rama Nama*, in *Hari Nama*.

Thy Rama, thy Hari,—Krishna,—is not afar! He stands, He waits at the door of thy heart!

Open the door and let Him in!

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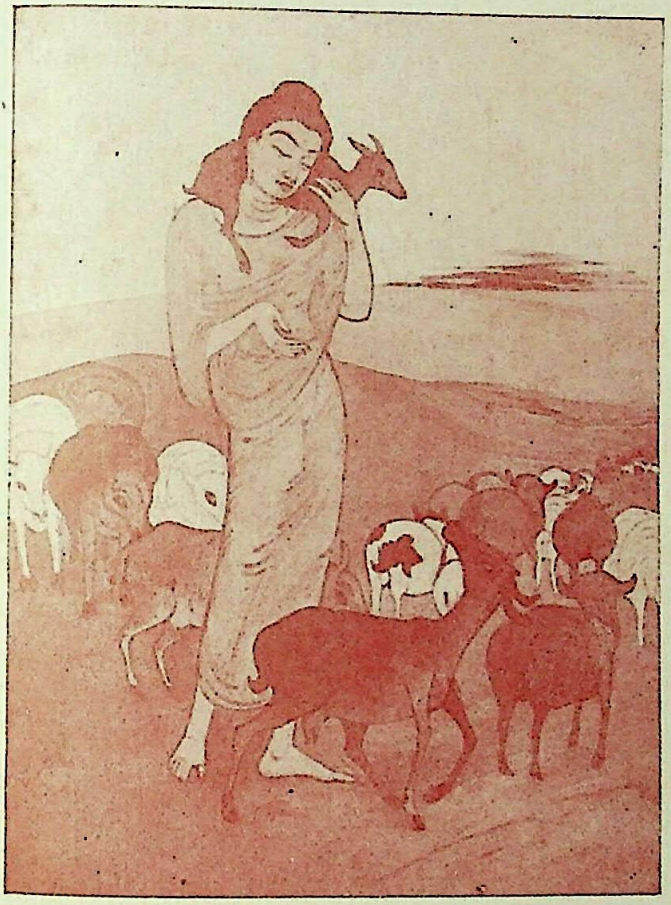

The Buddha And The Limping Lamb

"These sons belong to me and this wealth belongs to me,"—with such thoughts the fool tries to console himself.

He himself does not belong to himself : how much less his sons and wealth !

—*THE BUDDHA*

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Saint Francis : Brother Of All Creatures

Make me, O Lord! an instrument of peace.
Where there is hatred, let me sow love!
Where there is darkness, let me sow light!
Where there is sorrow, let me sow joy!

—*ST. FRANCIS*

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November 11 **Cast Aside Egoism!**

"REVERE the saints of every race," sang Guru Nanak, again and again.

The saints have appeared in all countries and all ages. The saints have blessed East and West.

Rama and Krishna, Buddha and Jesus, Mahavira and Muhammad, Nanak and Kabir, Francis and Mira, like other great mystics, pleaded for compassion, for sympathy, for self-abnegation, for communion with the poor.

Cast aside egoism,—has been the cry of all prophets and saints. They have been pictures of humility.

When Guru Nanak was asked by a Muslim theologian how man was to please God, the Guru said :—"By humility and prayer."

November 12 **It is the Pure Who See!**

IT IS the pure who see the Truth of life.

November 13 **The Poor in Spirit**

GREED IS a gateway to hell.

Empty your hands of silver and gold, and invoke the blessings of Him who purifies the poor in spirit!

November 14 **New Life**

IN THE WEST, as in the East, the deepest cry of the peoples is a cry for new life, *nava jivan*.

What is the secret of the new life? Contact, in the Heart, with the Divine Spirit.

Out of this inner contact will come an inner renewal. And the inner renewal will manifest itself in three supreme energies of life :—(1) fellowship with the poor and broken ones; (2) reverent communion with the Mystery of the Earth, the sun and the stars, and with the saints and heroes of Humanity and (3) love for little children.

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November 15 **Where is Truth?**

THE JIGNASU seeks Truth and asks where it is! Where? May I tell thee, brother?

The truth of life is not on the mountain-top, but in yon broken cottage, in the mart, in the factory and the farm, in the peasant and the toiler, in the lover of the soil and the stars!

November 16 **God Speaks**

A MAN stood at the gate of Paradise. The gate would not open.

And he cried out :—"What shall I bring to Thee, O Lord?"

And the Voice said :—"Bring me, my child! sorrow of the sad and weary, and humility of the heart!"

November 17 **The Deepest Need**

A FRIEND asked Rabia :—"What is the deepest need of the life of him who is in quest of God?"

And she answered :— "He who would walk the Way needs neither eyes to see, nor tongue to tell. What he needs is a pure heart. So strive for purity. Then will your consciousness awake and you will no longer fall into the slumber of the senses. When the mind is truly awakened, it serves as a true friend. Then, indeed, you need no other friend."

November 18 **Raja Janak and the Fakir**

A FAKIR pays a visit to Raja Janak, the king. The *fakir* is shocked at the grandeur and luxury in which Raja Janak dwells. "How can I," says the *fakir* to himself, "learn of this king who is steeped in luxury?"

Then, suddenly, the *fakir* sees that the palace is on fire. The king sits calm and quiet : but the *fakir* runs out of the room to see if his *dhoti*, which he had washed and kept in

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the sun, is safe against fire!

The king, who looked after a big kingdom, was "free from action," for his action was detached, was desireless. The *fakir* was poor, but he was not free from action, for he had not conquered craving.

"Our test is in what we value, not in what we have,"—says an English writer. Free from the taint of action is he who is detached.

November 19 **The Silence That Speaks**

THERE IS a silence which frightens. It is the silence of vacant space.

But the silence filled with the presence of God and His Angels is uplifting.

It is the Silence that speaks.

November 20 **New Strength to Serve**

WHEN YOU settle yourself in silence and humble yourself before God, He will give you new strength to serve, new love to bear the burden of your brothers and sisters, who stumble in this world of tragedy and tears.

November 21 **Who am I?**

PILGRIMS ARE we all on the Path that moves on unendingly.

In our journey on the Path may we, each day, find a little time to sit in silence and ask ourselves the question :—"Who am I?"

And each day may we, also, find a little time to serve the poor and needy. They are the Pictures of God.

November 22 **Thine Alone!**

LET HIM who would seek the Perfect Life,—the Life o Love,—purify himself and aspire to adore the One Lord

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in all.

Let him realise that God is all in all!

Let him breathe out, by day and by night, awake and asleep, in the daily work of life, in his thoughts and in every movement of his heart, the one aspiration :—"Thou alone! Thou alone!" "*Tera!*" "*Tera!*" "Thine!" "Thine am I!" "Thine alone!"

November 23 **The One Divine Mother**

WHY MUST I be kind to every creature?

In silence, the feeling has grown on me that every cow and every dog and every bird is a note in the one symphony of the universe.

Krishna sings on his Flute for all,—not alone for thee, proud man!

And all creatures are children of the One Divine Mother of the universe.

November 24 **For Love's Sake**

BLESSED IS he who works with love in his heart. His work is beautiful, is radiant, because it reveals love!

Does he grind the corn? He does it in the aspiration that his Beloved may break the bread and bless it.

Does he build a hut? He does it that his Beloved may some day dwell in it, and make it beautiful with his presence.

Does he decorate his room with a picture of the Beloved? He does it that the Beloved may bless the room with a breath of his Spirit.

November 25 **Nearer, My Lord! to Thee!**

AS THE body is ageing, I feel I am becoming younger each day, coming nearer to my Lord.

And to come nearer to the Divine Essence is to experience a beautiful dis-illusion about things and men.

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You view them not in interest or utility, but in eternity. And viewed in eternity, you realise the littleness of your "ego" and your earth-environment.

November 26 **An Alien**

MY BODY belongs to this planet, but my Self belongs to another Realm. And sometimes the feeling grows on me, in meditation, that I am alien to this planet.

Why, then, am I here?

And why, being here, do I not cling to my Lord?

Why do I often lose Him in multiplicity?

Why do I not see Him, a steady light behind the veil of illusion?

Why do I not move about in this *maya* without a shadow of bitterness?

November 27 **Red Roses**

INTO SILENCE I went and, in silence, I buried, in the garden of my heart, the blows and chastisements of the world.

And they bloomed into beautiful flowers when spring came,—red roses of radiant love and reverence to the Lord!

November 28 **Beware!**

PASSIONS AWAKE for money or power or woman.

What a procession they make, these desires, forms of *kama*, a tumultuous procession, bewildering man, leading him from darkness to darkness!

November 29 **Beneath the Waves**

WORDS COME as waves upon us, threatening to drown us.

Go beneath the waves of words and touch the depths of silence.

Meditate!

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November 30 **Practical Faith**

RENUNCIATION,—is the road to perfection.

The world is infected with untruth, injustice, suffering, sin. What can remedy it? Nothing short of renunciation.

The saint gives up everything,—even what is permitted,—in order to be free and to live in the Lord. He strips himself of all he has in order to serve men dominated by matter and sin.

Renunciation is actual, practical, living faith in God,—not decorative faith, not faith in creeds and rites.

He who renounces, announces that life cannot be truly lived without God.

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DECEMBER

December 1 **Shine in my Heart!**

O Thou, the Light of light!
Shine Thou in my heart,
And make it pure,
That I may serve the poor and broken ones,
In the Love that sings and heals!

December 2 **The Sinner**

KRISHNA BLESSED the "sinner," too.

For the sinner is not lost for ever. He has but for a short time made a wrong turning.

He will come back. Only give him time. Only give him the purest love of your heart!

December 3 **Be Indifferent!**

IF YE RUN after the world, the world will dominate you.

Turn away from the world and you will transcend it.

December 4 **The Greatest Tragedy**

IS THERE a deeper tragedy than that of the man who is immersed in pursuit of the not-self and has no time to meditate on the Divine Self within?

December 5 **Keep the Heart Pure!**

OUT OF the Heart are the thoughts which shape life.

Seek not diamonds nor precious stones : but strive to keep the heart pure and radiant.

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December 6 **Ganges of Light**

THE GITA is the Ganges of Light,—a River of Radiance running from Eternity to Time!

Krishna teaches the Gita to but one man,—Arjuna. Krishna is not a crowd-hunter.

Krishna's teaching is :—Run not after big things.

"A leaf, a flower, a fruit, a little water given with love in the heart is acceptable unto Me!"—he says in the Gita.

What matters is not *what* you give but *how* you give it!

Krishna asks us to concentrate on small things in a spirit of dedication to the Lord!

December 7 **The Deepest Aspiration**

MOVING OUT for a walk, one evening, I met a peasant. How simple was he! And how humble!

We sat together on the grass. And I said to him :—"Brother! what is your deepest aspiration?"

He said :—"To be a true man!"

I returned to my place, then sat in my meditation-corner and said :—"My brother! you have taught me much. Let me, too, strive to be a true man. So let me renounce all thought of gain, all desire for fame, all scramble for success! Let me dedicate my life to the Beloved!"

December 8 **The Silent One**

TEMPLES AND churches and mosques have their value, indeed.

But God is the Silent Spirit and dwelleth within.

And you must be quiet as the growing blade, quiet as the morning light, to reach the Silent One.

December 9 **The Highest Wish**

"WHAT IS your highest wish?" they asked me.

I said :—"To remain unknown, and to ever reflect a ray

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of the Light Divine!"

December 10 **In Secret Love**

To give and give and ever give,
In secret love for the Lord of Life,—
This be the blessing I seek at Thy Lotus-feet,
Beloved of my heart!

December 11 **Grieve Not!**

WHEN THE Great King erases my name from the Book of Speech, grieve not but rejoice that I am nearer to the Silent One!

December 12 **Fairer Than Peace**

WHAT IS richer than gold? Character.

What is heavenlier than character? Peace.

What is fairer than peace? Love of Krishna and the service of the servants of Krishna.

December 13 **The Gift of Tears**

THE GIFT of tears is, verily, a gift of God to the seeker after God.

Tears keep the eyes awake : they fill the heart with longing.

Will not he who weeps for God win the vision of God, one day?

December 14 **The Light in the Valley**

TO THE valley I went, a deep valley. And from the heights fell a light : how strong!

Not once but again and again has it happened that the man, who goes down deep, deep into the valley of sin, receives one day a wonderful light from the heights,—a light from the Spirit.

God loves the penitent sinner and lets fall on him, one

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day, the light of His Grace.

So may the sinner glorify God more than many of those whom the world calls "virtuous."

December 15 **God is Now and Here!**

PRECIOUS IS thy life. Do not waste it in distractions, but so live that thou mayst find Him before death overcomes thee.

God is now, here, or He is nowhere! Do not, therefore, miss the golden chance this life gives thee for self-realisation.

Here is pure water before thee. Drink it in. Be filled. Be full. Do not leave the world empty-handed.

Why dost thou pursue the shadow-shapes which come and go? Why dost thou wander after the mirage?

The "water of life" is before thee.

December 16 **Follow the Star!**

EVERY GOOD thought is a star which leads you on, shining in the dark, making your pathway radiant.

Follow the star!

December 17 **The Log and the River**

THE LOG doth not move : but the river can carry it to the other shore. Let but the log surrender itself to the river that flows.

Krishna is the River that flows. Let but a man,—no matter how burdened with sins,—surrender himself to Him, and He will carry the devotee to the Other Shore!

December 18 **The Joy of Life**

THE JOY of life belongs to them who serve the poor and whose hearts are pure!

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December 19 **Conquer the Senses!**

FORGET NOT this, that sense-pleasure is a part of thy pain. Be *indriya-jit!*

Conquer the senses, if thou wilt achieve!

December 20 **My Life's Star!**

O KRISHNA! My life's Star! Keep Thou me not afar from Thy sight!

But bless me, Krishna ! by day and bless me in the darkness of the night,

That I may never go astray but ever walk in Thy sacred Light!

December 21 **Ye are Kings!**

YE ARE kings! Every soul is royal.

You are not the weak, insignificant individuals you imagine yourselves to be. You are greater than you think you are.

In you is a hidden *shakti*, an eternal Energy.

Express it, and you will move the world.

This *shakti* (energy) is expressed in the measure in which you are unselfish, disinterested.

December 22 **Re-born Voluntarily**

THE WHEEL of birth and death is a wheel of bondage: but not for all. Some are re-born voluntarily, to serve Humanity.

To them the earth is not a prison-house. They return, again and again, to this earth to " finish " their work. And it is not finished, until the earth passes over into the Kingdom of Heaven.

Such men are the servants of Humanity. Their "I" is eliminated. They are transformed, transfigured into the Divine Image.

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December 23 **Where is my Home?**

WHERE IS my Home?

A homeless wanderer, I wander from place to place. Where is my Home?

Externality oppresses me. Nothing satisfies me. I battle with myself. Yet the yearning grows, and I lose colour as I ask :—"Where is my Home?"

I wander, I stumble, I grope, I fall. And the cry is up again :—Where is my Home?

Not by the star-light, not by the moon-light, not by the sun-light, but by the Spirit-light may I hope to reach my Home.

December 24 **Mary and Martha**

MARY HATH chosen the better part,—said Jesus. Better than Martha's. Martha was busy serving Jesus and the disciples. And Mary? She was *sanmukhi*,—at the Master's feet!

Sitting at the Master's feet is better than so much of what the world calls "service."

Action derives its worth from communion.

The active life,—the life of service,—has its value in the measure in which it expresses the spiritual.

December 25 **The Heavenly Kingdom**

JESUS SPOKE, again and again, of his Kingdom,—the Kingdom of God, the Kingdom of Heaven.

He who would be of the Kingdom of God must cast off all care, all anxiety, doing his work quietly, trusting in God that all will be well.

Jesus emphasised, again and again, the thought :—"God is our Father. He cares for flowers. He cares for birds. He cares for beasts. Won't He care for you, O man?"

Jesus distinguished the Kingdom from the world. Be

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not slaves of the world,—he said.

This slavery is surrender to desires, surrender to the lower self.

Be in the world,—yes. But be in it as a free man, not as a slave of appetite or passion.

December 26 **The Master's Face**

I WAS MUCH moved by a little story I read some time ago. It comes back to me with a strange appeal, today.

A Russian woman is out for a walk, one evening. On the way, she meets a prisoner in iron chains. He is on the public road, breaking stones.

She looks at him. For a moment or two, her eyes are filled with light: her face becomes radiant.

She puts her hand in her pocket : then empties it,—and then? She puts the entire amount,—a good bit,—at the prisoner's feet and says :—"Brother! bless me!"

Her eyes are touched with tears. A moment she gazes, again, at the prisoner's face. She says :—"Brother! in thee I behold my Master's Face. Brother! bless me!"

And then,—she vanishes!

December 27 **The Simple Way**

GRAFT A branch into a good stalk. What follows?

The branch becomes a part of the living organism.

In a similar way, we become spiritually living when "grafted" in the *sat-sang* (fellowship with the pure and holy).

Our minds and hearts grow into the spiritual.

December 28 **Soldiers of the Spirit**

SOLDIERS OF the Spirit are you!

You must conquer your inner desires and chaos, your inner contradictions.

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To live is to fight for the Ideal.

December 29 **The Earth is Holy!**

THE WHOLE world is a vesture, a cloth of beauty with which Krishna hath clothed Himself.

The trees, the stars, the moon, the hills and rocks, the green grass which covers the earth, are God's vestures of beauty.

Bow down to the Lord of Beauty and regard the whole earth as holy, holy,—the holy habitation of Krishna, the Master of beauty and grace.

And as you walk the earth, feel that you walk with the Lord, and are being purified!

December 30 **O Pilgrim of Eternity!**

DO THY daily work, but entangle not thyself in any form, in any finite thing.

And know that this world is but a bridge.

Linger not at the bridge, but move on to the Shrine, O pilgrim of Eternity!

December 31 **At Peace!**

UNFINISHED are my labours : and my tasks are not yet done!

Yet I am content to leave all, if He wills it so.

If He calls me elsewhere, there, too, will He give me His work to do.

So my heart is at peace!

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